

# HERNDON

## Parks & Recreation Department



Fitness Room



Gymnastics



### New! Healthier in Herndon Initiative

This logo symbolizes activities that can improve your physical well-being. See page 32 for details.

## Herndon Community Center

### Winter 2008 – Program & Events Guide

814 Ferndale Avenue, Herndon, Virginia 20170  
703-787-7300 • [www.herndon-va.gov](http://www.herndon-va.gov)



The Herndon Parks & Recreation Department is a Nationally Accredited Agency



# General Information

## Mission Statement

**"Promoting a sense of community and enriching the quality of life."**

**The Town of Herndon Parks and Recreation Department aspires to enrich the lives of its residents, serve as stewards of Town resources, and foster a sense of community by providing diverse, accessible and valued parks, facilities and recreation programs in addition to those provided by Fairfax County.**

## Community Center Hours

**Monday-Friday ..... 6am-10:30pm**  
**Saturday and Sunday ..... 8am-8pm**

The Aquatic Facility and Fitness Facility close 30 minutes prior to center closing

### Holiday Hours

December 24 6am – 4pm  
December 25 Closed  
December 26 8am-10pm  
December 31 6am-5pm  
January 1 - closed

### Parks & Recreation Office Hours

M-F ..... 8:30am-5:30pm  
Office closed – December 24 at noon, 25, January 1, 21 and February 18

## Phone

### Pool, Racquetball, & Rentals

703-787-7300  
703-435-6868

### Hearing Impaired Relay

1-800-828-1120 -TDD

### Fax

703-318-8652

### Touchtone Registration

703-707-2662

**Website: [www.herndon-va.gov](http://www.herndon-va.gov)**

Participants in activities sponsored or cosponsored by the Parks & Recreation Department consent to the department's use of any photograph, film, or video-tape of the activity in any marketing or promotional materials.

## Community Center Fees

Note: For pool use, children ages 8 & under must be accompanied by an adult. Children ages 5 & under must be with a parent in the water. For fitness room use, children must be age 12 or older and ages 12-14 need a Youth Fitness Pass (see p. 15). For gymnasium use, children must be age 12 or older. Children 5 and under are permitted in dressing rooms of the opposite sex. Family locker rooms designated for parents and children over age 5 are located within the guard office. Youth are those age 17 and under. Seniors are those age 62 and over by December 31, 2007.

## Admissions and Passes

Daily	TOH/NR
Adults	\$4.75/\$6
Seniors	\$3.50/\$4.25
Youth	\$3.50/\$3.50
Non-Resident Seniors	\$4.25
25-Admission Pass	TOH/NR
Adults	\$83/\$120
Seniors	\$61/\$85
Youth	\$61/\$70
Monthly 30-Day Pass	TOH/NR
Adult	\$40/\$58
2 Person Adult Married	\$64/\$91
Single Senior/Youth	\$31/\$46
Senior 2-Person Married	\$50/\$71
Dependent Youth (with paid adult pass)	\$10/\$15
6-Month Pass <sup>1</sup>	TOH/NR
Adult	\$201/\$288
2-Person Adult Married	\$317/\$453
Single Senior/Youth	\$159/\$227
Senior 2-Person Married	\$249/\$356
Dependent Youth (with paid adult pass)	\$50/\$72
Annual Pass <sup>2</sup>	TOH/NR
Adult	\$363/\$519
2 Person Adult Married	\$570/\$815
Single Senior/Youth	\$254/\$408
Senior 2-Person Married	\$449/\$641
Dependent Youth (with paid adult pass)	\$90/\$129

*\*TOH-Resident Rate Requires ID with Address*



### Full Use

The discount pass and daily admission fee for the pool include use of the gymnasium (ages 12 & older) and the fitness room (ages 14 & older) as available and admission to any regularly-scheduled land aerobics class (see class schedule on page 11).

<sup>1</sup>Annual and 6-Month Pass Holders are entitled to three sessions with a fitness trainer.

<sup>2</sup>Annual Pass Holders receive a 10% discount on all classes (except those meeting 1 time).

*All admissions and passes are non-refundable.*



**A Nationally Accredited Agency Since 2006**

*"Herndon is Meeting and Exceeding National Standards in P & R Administration"*

## RACQUETBALL & WALLYBALL COURTS

### Prime time hours

**Monday - Friday 4-10pm, plus all day**  
**Saturday, Sunday & Holidays**

### Racquetball

#### Prime Time

\$4.50 per hour + admission fee per player

#### Non-Prime Time

\$2.50 per hour + admission fee per player

### Wallyball

#### Prime Time

\$4 per court + admission fee per player

#### Non-Prime Time

\$2 per court + admission fee per player

*Wallyball court rental is for two hours.*

# Cultural Arts Series

All performances held at:  
**Elden Street Players**  
**Industrial Strength Theater**  
**269 Sunset Park Drive, Herndon**  
**Tickets:\$10**

**Saturday, December 8, 2007, 8-9pm**  
**WINTER LIGHT: A CELTIC**  
**SOLSTICE CELEBRATION BY THE**  
**OCEAN QUINTET**

In a program featuring 12th century Irish Christmas carols, stirring Scottish pipe tunes, 19th century broadside songs, Irish jigs and reels, French and English carols, and original seasonal compositions, the OCEAN Quintet will transport you to the warmth of Yuletide celebrations of yore with their soaring Celtic vocals and high energy instrumentals. The OCEAN Quintet is led by composer and ethno-musicologist Jennifer Cutting (accordion and keyboards.) OCEAN features the two stunning vocalists Grace Griffith and Lisa Moscatiello, the nationally renowned Baltimore fiddler Rosie Shipley, and the award-winning bagpiper Bob Mitchell. Activity Code: 2441.082

**Saturday, January 5, 2008, 8-9pm**  
**MARCOLIVIA –**  
**DUOS FROM AROUND THE WORLD**

The MARCOLIVIA DUO is an award-winning violin and violin/viola duo who perform music from all styles and periods. "Duos From Around The World" includes pieces from countries including Japan, Russia, Hungary, Germany and Italy. Audiences will enjoy 'Moz-Art' - a clever, contemporary spoof on Mozart's music; some Eastern-European folk duo music; and an atmospheric, contemporary Japanese piece. Concerts are informal, entertaining and educational, with verbal introductions to each selection and a chance to chat with the musicians after the show. Activity Code: 2441.083

**Saturday, February 23, 2008, 8-9pm**  
**AN EVENING WITH ROBBIE**  
**SCHAEFER – SINGER SONGWRITER**  
 Come join Robbie Schaefer – guitarist, singer-songwriter, XM Kids Radio host and member of the ever-popular band "Eddie from Ohio". Robbie will perform music that spans his career and discuss his songwriting process as an artist. He will also engage the audience in a question and answer period at the conclusion of the show. Activity Code: 3421.060

## Winter Highlights

**Holiday Arts & Crafts Show**  
 December 2

**Performing Arts Series**  
**A Celtic Celebration for the**  
**Holidays by The Ocean Quintet**  
 December 8



**Marcolivia Duo**  
 January 5

**An Evening with Robbie Schaefer**  
 February 23



**Santa's Workshop**  
 December 15



**Men's Open Tennis**  
**Tournament**  
 December 26-29

**Children's Performance Series**  
 January 21, February 18

**Preschool Open House**  
 February 7



**"Kids at Hope" Week**  
 February 24-March 1

Information and forms for class  
 registration can be found on  
 pages 30-31 of this brochure.

## Registration Dates

- Registration for all Town of Herndon residents will open at 10am on **Wednesday, December 5, 2007**
- Registration for all non-Town of Herndon residents will open at 10am on **Tuesday, December 11, 2007**

Starting on these dates, you will be able to register online, by touch-tone system, by walking into the Community Center\*, by mail or by fax. Please see "How Registration Works" on Page 30 and 31 for more information.

## Inclement Weather Policy

All classes and programs starting before 3pm are canceled when Fairfax County schools close for the day due to inclement weather.

For classes starting at 3pm or later, a decision will be made by 1pm that day. When Fairfax County schools have delayed opening, classes will be held as scheduled. On weekends, or if you have questions about classes meeting, call the Parks & Recreation Inclement Weather Line **703-435-6866**.

## Table of Contents

Aquatics .....	5-10
Arts & Crafts.....	26
Basketball.....	17
Chess .....	26
Cooking.....	27-28
Dance.....	22-24
Fitness.....	11-15
General Information.....	2
Guitar .....	26
Gymnastics .....	18-19
Healthier in Herndon .....	32
Kid Care.....	10
Just for Kids .....	24
Martial Arts.....	14
Nature.....	20-21
Open Gym .....	15
Parks .....	19
Performing Arts.....	3, 25, 29
Photography.....	26
Pottery .....	27
Preschool.....	25
Registration Information.....	30
Santa's Workshop .....	24
Seniors .....	10, 29
Special Interest .....	26
Staff List.....	29
Teens .....	28
Tennis.....	16-17
Towne Square Singers.....	29
Trips .....	29
Water Workout.....	10
Yoga.....	13



# Herndon Parks and Recreation Department 2007 National Gold Medal Award Finalist

The American Academy for Park and Recreation Administration (AAPRA) in partnership with the National Recreation and Park Association (NRPA) presented the Herndon Parks and Recreation Department a finalist award for the 2007 National Gold Medal Awards for Excellence in Park and Recreation Management. The award was presented at the NRPA's Annual Congress & Exposition in Indianapolis, Indiana, September 25 - 29, 2007. For the fifth time in 33 years the Town of Herndon Parks and Recreation Department has been chosen as a finalist for the Class V, population less than 25,000. Other finalists include City of North Platte Leisure Services Department, NE, Frankfort Square Park District, IL, and Vernon Hills Park District, IL. The department has been chosen as a winner of the Gold Medal three times in 1981, 1991, and 2001.

The Gold Medal honors communities throughout the United States that demonstrate recreation and parks excellence in long-range planning, resource management, volunteerism, environmental stewardship, program development, professional development, and agency recognition. Each agency is judged on its ability to address the needs of those it serves through the collective energies of citizens, staff and elected officials.



*Art Anselene, Cindy Roeder, Cynthia Hoftiezer*

Greetings!

My name is Cindy Roeder and I was recently appointed Director of Herndon Parks and Recreation Department. I look forward to meeting you at the Herndon Community Center or at one of our events throughout the year. I want to extend my personal invitation to you and your family to join us for a class, to take a hike in one of our parks, enjoy a special event, or for a little exercise.

As a brief introduction, I grew up in Silver Spring, MD, graduated from the University of Maryland and I have spent my professional years with Montgomery County, MD, Frederick County, VA and here in Herndon. I was previously the Manager of Recreation Services for this department before serving as Acting Director last spring and summer.

So many things excite me about this opportunity, not the least of which is the extent and variety of programs we are able to offer with the excellent staff we have in the Department. Community Center and Public Works staff work diligently to maintain our building and parks. Program supervisors strive hard to recruit and retain qualified instructors to provide the best programs possible. As the staff exchanges information and resources with other departments, people frequently compliment the Department on our diverse offerings. This was further acknowledged when Herndon was named a finalist in the National Gold Medal Award Program this past year, meaning Herndon was recognized as one of four top agencies in the country in our population category. The Department has won this prestigious award three times before and we hope to achieve a fourth win in 2008.

Healthy communities, livable communities, active communities-cities and towns everywhere are working diligently to become just that. Herndon is fortunate to be one of those communities. Within a half mile from every home is a neighborhood park. Herndon boasts walking and biking trails throughout the Town and that connectivity will be enhanced with the Folly Lick Trail and the upcoming improvements to the W&OD crossings. The Herndon Festival and other community events celebrate our town, our businesses and our cultural arts. The Herndon Community Center serves as a gathering place for all ages. Runnymede Park offers passive opportunities in a lovely, natural setting. Our naturalist and town forester lead the stewardship efforts to protect and preserve our natural resources. Herndon has what everyone else is seeking and it is my responsibility to ensure we retain and enhance every aspect of our renowned amenities.

Many of you know that Art Anselene was the first director of this department and continued in that role for over 30 years. Providing quality parks and recreation programs in a fun and friendly environment to our citizens and patrons make up the core values upon which this department was built. It is the mission I will continue to honor as we go forward. I know you will find our staff a pleasure to interact with and that you'll want to come back to the center again and again. I hope you will feel comfortable in sharing your thoughts and ideas with me – my door is open. In the meantime, look inside this brochure for something that meets your interest or just looks like fun, and let the Herndon Parks and Recreation Department start your 2008 in an exciting way!

Sincerely,

Cindy Roeder

## Parent Observation of Classes:

To ensure an independent learning experience and to foster a quality, and rewarding learning environment in our youth classes, parents shall remain outside the classroom. In swim classes, parents may sit in the bleacher area. The class instructor will notify parents if an observation day will be held at the end of the session. If you have a special consideration, please contact the Parks and Recreation office to speak with the Recreation Program Supervisor.



## SWIMMING GUIDELINES

*Parents should remember that unless a child is practicing skills learned in a class they may lose their proficiency to demonstrate the required skills. Do not place your child in a higher level course unless they have been practicing the required skills on a regular basis or have been passed on during a course evaluation. It is better to repeat a course to strengthen skills than place a child in a class over his level!*

To enroll in	Child needs to...
<b>Starfish</b>	No experience necessary but must be able to: <ul style="list-style-type: none"> <li>• Separate from parent</li> <li>• Follow directions in a group setting</li> </ul>
<b>Seahorse</b>	Successful completion of Starfish or ability to: <ul style="list-style-type: none"> <li>• Put face in the water- 5 seconds</li> <li>• Blow bubbles</li> <li>• Front glide w/ kick-3 feet</li> <li>• Float on back with assistance-5 seconds</li> </ul>
<b>Otters</b>	Successful completion of Seahorse or ability to: <ul style="list-style-type: none"> <li>• Float on front and back independently</li> <li>• Rollover from front to back</li> <li>• Swim with arm stroke and kick on front and back 5 yards</li> </ul>
<b>Manatees</b>	Successful completion of Otter or ability to: <ul style="list-style-type: none"> <li>• Jump in 12 feet and return to side without assistance</li> <li>• Front crawl 10 yards with breathing</li> <li>• Back crawl 10 yards</li> <li>• Butterfly kick</li> <li>• Sitting /kneeling dives</li> </ul>
<b>Sharks</b>	Successful completion of Manatee or the ability to: <ul style="list-style-type: none"> <li>• Front crawl 20 yards w/side breathing</li> <li>• Elementary backstroke 15 yards</li> <li>• Back crawl 20 yards</li> <li>• Breaststroke 15 yards</li> <li>• Diving: compact/stride</li> <li>• Ability to swim across deep end of pool</li> </ul>

To enroll in	Child needs to...
<b>Level 1</b>	No experience necessary but: <ul style="list-style-type: none"> <li>• Must be able to participate in group setting</li> </ul>
<b>Level 2</b>	Successful completion of Level 1 or the ability to: <ul style="list-style-type: none"> <li>• Face in water and blow bubbles-5 seconds</li> <li>• Submerge face and pick up item</li> <li>• Float on the back with assistance</li> <li>• Kick on front with face in using barbells</li> </ul>
<b>Level 3</b>	Successful completion of Level 2 or the ability to: <ul style="list-style-type: none"> <li>• Float on front and back independently</li> <li>• Roll over from front to back</li> <li>• Combined stroke front and back-5 yards</li> </ul>
<b>Level 4</b>	Successful completion of Level 3 or the ability to: <ul style="list-style-type: none"> <li>• Elementary Backstroke 5 yards</li> <li>• Front crawl and back crawl 15 yards</li> <li>• Jump into deep water and swim 15 yards</li> <li>• Kneeling dive</li> </ul>
<b>Level 5</b>	Successful completion of Level 4 or the ability to: <ul style="list-style-type: none"> <li>• Tread water 1 minute</li> <li>• Crawl stroke 25 yards with side breathing</li> <li>• Back crawl 25 yards</li> <li>• Breaststroke 15 yards</li> <li>• Butterfly 15 yards</li> <li>• Elementary backstroke 15 yards</li> <li>• Scissors kick</li> <li>• Stride dive and flip turn</li> </ul>

**The pool will close at 6pm  
Nov 30, Dec. 7, Dec. 14, Dec.  
21, Jan. 4, Jan. 11, and Jan. 18  
for swim meets.**

**The pool will close at 5pm on  
Saturday, December 29.**

**The pool will be closed to  
the public every Tuesday,  
Wednesday, Thursday  
from 3:15-4:30pm through  
February 8 for Herndon High  
School swim team practice.**

**The diving well will be closed  
every Tuesday, Wednesday,  
and Thursday from 8:30-  
10pm for South Lakes High  
School dive team practice.**

## Wacky Wednesday

**Ages 5 & under**

Come join us in the pool for great fun and games for the younger crowd. Children not enrolled in full-day school programs (kindergarten and younger) may participate. The training pool will be set aside for kids (must be with an adult) and filled with our wacky water toys. A great activity for those cold winter days!

**Wednesdays, 1-3pm**

**\$5 parent/child**

**\$2 each additional child**

**Come and play on the  
floating alligator or slide  
on weekends  
from 1-4pm!**

**Name that  
Alligator...**

see page 7 for details







**The pool is open to lap swimmers and scheduled swim lessons only on Saturday mornings until noon. There is limited recreational swim on Sundays between 10am and noon.**

## Aquatics Class Make-up Policy

Classes canceled due to inclement weather, pool closures, or instructor illnesses are made up as the calendar allows. Credits for canceled classes will not be issued to participants who are unable to attend the make-up class.

**ATTENTION:** Parents should read class requirements and descriptions carefully to ensure they are enrolling their child into the appropriate level class! We have made changes to our preschool swim program. If a child is in the incorrect class, he/she will be dropped from the roster and placed on the waiting list if there is not room in an appropriate class. Parents should remember that unless a child is practicing skills learned in a class, they may lose their proficiency to demonstrate the required skills. Do not place your child in a higher level course unless they have been practicing the required skills on a regular basis or have been passed on during a course evaluation. It is better to repeat a course to strengthen skills than to place a child in a class over his level!



## PRESCHOOL AQUATICS

### Aquatots – Ages 6-18 months

Instructor works closely with parent in helping infant develop basic water skills including: water adjustment, safety and experiencing supported movement through the water. Babies are required to wear swim diapers and plastic pants with elastic at the legs and waistband. *Swim with parent*

#### 8, 25 minute sessions

Class	Day	Time	TOH/NR
<b>Session 1, January 7-January 30</b>			
3011.101	M/W	10:30-10:55am	\$54/\$68
<b>Session 2, February 4-February 27</b>			
3011.102	M/W	10:30-10:55am	\$54/\$68
<b>January 5-February 23</b>			
3011.603	Sa	9:30-9:55am	\$54/\$68

### Guppies – Ages 19-36 months

Instructor works closely with parent in helping develop basic water skills. Class promotes water adjustment activities, as well as introducing elementary forms of propulsion, safety skills and the use of floatation devices. Toddlers are required to wear swim diapers and plastic pants with elastic at the legs and waistband. *Swim with parent*

#### 8, 25 minute sessions

Class	Day	Time	TOH/NR
<b>Session 1, January 7-January 30</b>			
3012.101	M/W	10-10:25am	\$54/\$68
<b>Session 2, February 4-February 27</b>			
3012.102	M/W	10-10:25am	\$54/\$68
<b>January 11-February 29</b>			
3012.503	F	10:30-10:55am	\$54/\$68
<b>January 5-February 23</b>			
3012.604	Sa	10-10:25am	\$54/\$68

### Minnows – Ages 3-5 years

Instructor works closely with the parent and preschooler to develop basic water skills and orient the 3-5 year old to a group situation. Designed for children who are older than our guppies, but are hesitant to separate from their parent. Skills that are taught include: breath control, floating on front and back and kicking. *Swim with parent*

#### 8, 25 minute sessions

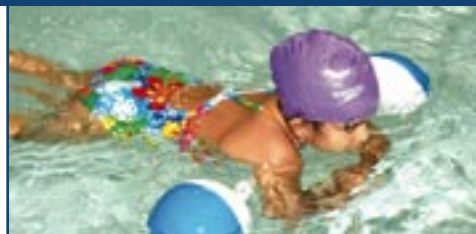
Class	Day	Time	TOH/NR
<b>Session 1, January 8-January 31</b>			
3018.201	T/Th	9:30-9:55am	\$54/\$68
<b>Session 2, February 5-February 28</b>			
3018.202	T/Th	9:30-9:55am	\$54/\$68
<b>January 5-February 23</b>			
3018.603	Sa	9-9:25am	\$54/\$68

### Starfish – Ages 3-6 years

Skills introduced include: water adjustment, breath control, underwater exploration, water safety and swimming movements on front and back. An excellent class for children who have little or no previous water experience. Children should be emotionally ready to separate from parent. Parents are requested to watch class while sitting in the bleachers. *Child's first water experience without parent*

#### 8, 25 minute sessions

Class	Day	Time	TOH/NR
<b>Session 1, January 7-January 30</b>			
3013.101	M/W	9:30-9:55am	\$54/\$68
3013.102	M/W	10:30-10:55am	\$54/\$68
3013.103	M/W	6:30-6:55pm	\$54/\$68
<b>Session 2, February 4-February 27</b>			
3013.104	M/W	9:30-9:55am	\$54/\$68
3013.105	M/W	10:30-10:55am	\$54/\$68
3013.106	M/W	6:30-6:55pm	\$54/\$68



#### Session 1, January 8-January 31

3013.207	T/Th	10-10:25am	\$54/\$68
3013.208	T/Th	11-11:25am	\$54/\$68
3013.209	T/Th	12-12:25pm	\$54/\$68
3013.210	T/Th	6-6:25pm	\$54/\$68

#### Session 2, February 5-February 28

3013.211	T/Th	10-10:25am	\$54/\$68
3013.212	T/Th	11-11:25am	\$54/\$68
3013.213	T/Th	12-12:25pm	\$54/\$68
3013.214	T/Th	6-6:25pm	\$54/\$68

#### January 9-February 27

3013.315	W	11-11:25am	\$54/\$68
3013.316	W	12-12:25pm	\$54/\$68

#### January 11-February 29

3013.517	F	11-11:25am	\$54/\$86
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#### January 5-February 23

3013.618	Sa	8:30-8:55am	\$54/\$68
3013.619	Sa	9:30-9:55am	\$54/\$68

#### January 6-February 24

3013.720	Su	10-10:25am	\$54/\$68
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### Seahorse – Ages 3-6 years

Seahorse students can demonstrate water orientation skills. The class focuses on front and back floating, front and back gliding, breath control, and kicking. Basic water safety skills are introduced. *Previous water experience required*

#### 8, 25 minute sessions

Class	Day	Time	TOH/NR
<b>Session 1, January 7-January 30</b>			
3014.101	M/W	10-10:25am	\$54/\$68
3014.102	M/W	11-11:25am	\$54/\$68
3014.103	M/W	5:30-5:55pm	\$54/\$68
<b>Session 2, February 4-February 27</b>			
3014.106	M/W	10-10:25am	\$54/\$68
3014.107	M/W	11-11:25am	\$54/\$68
3014.108	M/W	5:30-5:55pm	\$54/\$68
<b>Session 1, January 8-January 31</b>			
3014.211	T/Th	9:30-9:55am	\$54/\$68
3014.212	T/Th	10:30-10:55am	\$54/\$68
3014.213	T/Th	12:30-12:55pm	\$54/\$68
3014.214	T/Th	6:30-6:55pm	\$54/\$68
<b>Session 2, February 5-February 28</b>			
3014.215	T/Th	9:30-9:55am	\$54/\$68
3014.216	T/Th	10:30-10:55am	\$54/\$68
3014.217	T/Th	12:30-12:55pm	\$54/\$68
3014.218	T/Th	6:30-6:55pm	\$54/\$68
<b>January 9-February 27</b>			
3014.319	W	10:30-10:55am	\$54/\$68
3014.320	W	12:30-12:55pm	\$54/\$68
<b>January 11-February 29</b>			
3014.521	F	11:30-11:55am	\$54/\$68
<b>January 5-February 23</b>			
3014.622	Sa	9-9:25am	\$54/\$68
3014.623	Sa	10-10:25am	\$54/\$68
<b>January 6-February 24</b>			
3014.724	Su	10:30-10:55am	\$54/\$68



## Otters – Ages 4-6 years

Our “Otter” students can demonstrate higher swimming skills. Class focuses on front crawl, back crawl, treading water and diving from seated and kneeling positions. There is instruction in swimming in deep water and basic water safety rules.

### 8, 25 minute sessions

Class	Day	Time	TOH/NR
<b>Session 1, January 7-January 30</b>			
3015.101	M/W	11-11:25am	\$54/\$68
3015.102	M/W	5-5:25pm	\$54/\$68
<b>Session 2, February 4-February 27</b>			
3015.103	M/W	11-11:25am	\$54/\$68
3015.104	M/W	5-5:25pm	\$54/\$68
<b>Session 1, January 8-January 31</b>			
3015.205	T/Th	10:30-10:55am	\$54/\$68
3015.206	T/Th	1-1:25pm	\$54/\$68
3015.207	T/Th	5:30-5:55pm	\$54/\$68
<b>Session 2, February 5-February 28</b>			
3015.208	T/Th	10:30-10:55am	\$54/\$68
3015.209	T/Th	1-1:25pm	\$54/\$68
3015.210	T/Th	5:30-5:55pm	\$54/\$68
<b>January 7-February 25</b>			
3015.111	M	10:30-10:55am	\$54/\$68
<b>January 9-February 27</b>			
3015.312	W	10-10:25am	\$54/\$68
3015.313	W	1-1:25pm	\$54/\$68
<b>January 11-February 29</b>			
3015.514	F	12-12:25pm	\$54/\$68
<b>January 5-February 23</b>			
3015.615	Sa	10:30-10:55am	\$54/\$68
<b>January 6-February 24</b>			
3015.716	Su	11-11:25am	\$54/\$68

## Swimming Instructors Needed

The Aquatics Department is currently looking for Water Safety Instructors to teach classes in the Learn to Swim program. The Learn to Swim program provides classes to students of all ages, from infants to adults, and classes are available weekdays, evenings, and weekends. This is an ideal part-time position for stay-at-home moms, students, or for anyone who desires fun and fulfilling part-time work in a relaxed and family/community oriented environment.

For more information call Kerstin at **703-435-6800, x 2128.**



We have a new large inflatable alligator in the pool and we want to welcome it by giving it an official name. Can you help us? Stop by the Herndon Community Center to pick up an entry form, or email Erin Cox, Pool Manager at [Erin.cox@herndon-va.gov](mailto:Erin.cox@herndon-va.gov). Provide all your name suggestions by December 31, and we will announce the name in early January of 2008. The person who provides the winning name will receive a prize!

## Manatees – Ages 4-6 years

To enroll in this class, students should be able to swim a distance of 10 yards of front crawl taking at least two breaths and 10 yards of back crawl. The course will focus on coordination of the front crawl with correct breathing technique, back crawl, elementary backstroke, breaststroke, butterfly, compact dives, and basic water safety instruction.

*An advanced course for the preschool swimmer*

### 8, 25 minute sessions

Class	Day	Time	TOH/NR
<b>Session 1, January 7-January 30</b>			
3016.101	M/W	9:30-9:55am	\$54/\$68
3016.102	M/W	6-6:25pm	\$54/\$68
<b>Session 2, February 4-February 27</b>			
3016.103	M/W	9:30-9:55am	\$54/\$68
3016.104	M/W	6-6:25pm	\$54/\$68
<b>Session 1, January 8-January 31</b>			
3016.205	T/Th	10-10:25am	\$54/\$68
3016.206	T/Th	5-5:25pm	\$54/\$68
<b>Session 2, February 5-February 28</b>			
3016.207	T/Th	10-10:25am	\$54/\$68
3016.208	T/Th	5-5:25pm	\$54/\$68
<b>January 7-February 25</b>			
3016.109	M	10-10:25am	\$54/\$68
<b>January 9-February 27</b>			
3016.310	W	1:30-1:55pm	\$54/\$68
<b>January 11-February 29</b>			
3016.511	F	12:30-12:55pm	\$54/\$68
<b>January 6-February 24</b>			
3016.712	Su	11:30-11:55am	\$54/\$68

## Shark – Ages 4-6 years

To enroll in this class, students should be able to swim a distance of 20 yards of front crawl taking at least two breaths and 20 yards of back crawl. The course will focus on coordination of the front crawl with correct breathing technique, back crawl, elementary backstroke, breaststroke, butterfly, compact dives, and basic water safety instruction.

### 8, 25 minute sessions

Class	Day	Time	TOH/NR
<b>Session 1, January 8-January 31</b>			
3017.201	T/Th	11-11:25am	\$54/\$68
<b>Session 2, February 5-February 28</b>			
3017.202	T/Th	11-11:25am	\$54/\$68
<b>January 11-February 29</b>			
3017.503	F	1-1:25pm	\$54/\$68

## Name that Alligator...

We have a new large inflatable alligator in the pool and we want to welcome it by giving it an official name. Can you help us? Stop by the Herndon Community Center to pick up an entry form, or email Erin Cox, Pool Manager at [Erin.cox@herndon-va.gov](mailto:Erin.cox@herndon-va.gov). Provide all your name suggestions by December 31, and we will announce the name in early January of 2008. The person who provides the winning name will receive a prize!



## PIRATES OF THE CARIBBEAN DIVE-IN MOVIE

Bring your floats and rafts, kick back, relax, and enjoy a movie in the pool. Doors open at 6pm. Movie begins at 6:30pm. Pizza and drinks will be available for purchase. Kids under 12 must be accompanied by a parent or guardian. Kids under 6 must have parent in the water with them.

**Saturday, February 2**

**6-9pm**

**Adults (16 & up)- \$4**

**Children under 16- \$3**

## Birthday Parties!

**Plan your child's next birthday celebration at the renovated Herndon Community Center.**

**Pick between one of the following themed parties:**

- Pool party featuring unlimited swimming
- Gymnastics Party featuring 45 minutes of supervised gymnastics activities
- Nature education featuring a one hour nature program



**Call 703-787-7300**





## YOUTH AQUATICS

### Level 1 – Ages 6 & up

This Red Cross course is designed to orient participants to the aquatic environment. Instruction includes basic breath control, supported kicking on the front and back, familiarization with arm/leg action for front crawl and safety skills.

#### 8, 30 minute sessions

Class	Day	Time	TOH/NR
<b>Session 1, January 7-January 30</b>			
3021.101	M/W	6-6:30pm	\$54/\$68
<b>Session 2, February 4-February 27</b>			
3021.102	M/W	6-6:30pm	\$54/\$68
<b>Session 1, January 8-January 31</b>			
3021.203	T/Th	5-5:30pm	\$54/\$68
<b>Session 2, February 5-February 28</b>			
3021.204	T/Th	5-5:30pm	\$54/\$68
<b>January 5-February 23</b>			
3021.605	Sa	11-11:30am	\$54/\$68
<b>January 6-February 24</b>			
3021.706	Su	11:30am-12pm	\$54/\$68

### Level 2 – Ages 6 & up

This Red Cross course builds on the fundamental skills learned in Level 1. Class focus is on unsupported front and back float and glide, combined stroke on front and back and increased safety skills.

#### 8, 30 minute sessions

Class	Day	Time	TOH/NR
<b>Session 1, January 7-January 30</b>			
3022.101	M/W	6:30-7pm	\$54/\$68
<b>Session 2, February 4-February 27</b>			
3022.102	M/W	6:30-7pm	\$54/\$68
<b>Session 1, January 8-January 31</b>			
3022.203	T/Th	5:30-6pm	\$54/\$68
<b>Session 2, February 5-February 28</b>			
3022.204	T/Th	5:30-6pm	\$54/\$68
<b>January 7-February 25</b>			
3022.105	M	2-2:30pm	\$54/\$68
<b>January 5-February 23</b>			
3022.606	Sa	10:30-11am	\$54/\$68
<b>January 6-February 24</b>			
3022.707	Su	11-11:30am	\$54/\$68

### Level 3 – Ages 6 & up

This Red Cross course continues to build aquatic skills gained in previous classes. Coordination of front and back crawl, rotary breathing, kneeling dives and basic rescue skills are taught. Dolphin kick is introduced.

#### 8, 30 minute sessions

Class	Day	Time	TOH/NR
<b>Session 1, January 7-January 30</b>			
3023.101	M/W	5:30-6pm	\$54/\$68
<b>Session 2, February 4-February 27</b>			
3023.102	M/W	5:30-6pm	\$54/\$68
<b>Session 1, January 8-January 31</b>			
3023.203	T/Th	6:30-7pm	\$54/\$68

### Session 2, February 5-February 28

3023.204	T/Th	6:30-7pm	\$54/\$68
<b>January 7-February 25</b>			
3023.105	M	3:45-4:15pm	\$54/\$68
<b>January 5-February 23</b>			
3023.606	Sa	10-10:30am	\$54/\$68
<b>January 6-February 24</b>			
3023.707	Su	10:30-11am	\$54/\$68

### Level 4 – Ages 6 & up

In this Red Cross course, students will become more independent and increase their endurance in the water by practicing and refining elementary backstroke, front and back crawl, breaststroke, and butterfly. Open turns are introduced.

#### 8, 30 minute sessions

Class	Day	Time	TOH/NR
<b>Session 1, January 7-January 30</b>			
3024.101	M/W	5-5:30pm	\$54/\$68
<b>Session 2, February 4-February 27</b>			
3024.102	M/W	5-5:30pm	\$54/\$68
<b>Session 1, January 8-January 31</b>			
3024.203	T/Th	6-6:30pm	\$54/\$68
<b>Session 2, February 5-February 28</b>			
3024.204	T/Th	6-6:30pm	\$54/\$68
<b>January 7-February 25</b>			
3024.105	M	3:15-3:45pm	\$54/\$68
<b>January 5-February 23</b>			
3024.606	Sa	9:30-10am	\$54/\$68
<b>January 6-February 24</b>			
3024.707	Su	10-10:30am	\$54/\$68

### Level 5 – Ages 6 & up

Students refine and coordinate the strokes learned in previous Red Cross courses. Front and back crawl, and elementary backstroke are performed at increased distances. Sidestroke, breaststroke and butterfly are refined. Students learn to use open turns at the wall when swimming laps. Deepwater work includes diving, water entries, and treading.

#### 8, 45 minute sessions

Class	Day	Time	TOH/NR
<b>January 7-February 25</b>			
3025.101	M	2:30-3:15pm	\$58/\$73
<b>January 5-February 23</b>			
3025.602	Sa	8:45-9:30am	\$58/\$73



### Adapted Aquatics – Ages 5 & up

For children with physical or mental disabilities who want to work on their swimming abilities. Focus is on water adjustment, safety and skills that are tailored to the needs of each participant. (Volunteers needed) Parents may need to assist in the water if there is a lack of volunteers.

#### 8, 30 minute sessions

#### Levels 1 & 2

Class	Day	Time	TOH/NR
<b>January 11-February 29</b>			
3028.502	F	4:30-5pm	\$54/\$68

#### Levels 3 & 4

Class	Day	Time	TOH/NR
<b>January 11-February 29</b>			
3028.503	F	5-5:30pm	\$54/\$68

### Youth Developmental Workout

Bring your swimmers to a practice that includes stroke work in the four competitive strokes, starts, turns and endurance building.

- Ages 8 & under must swim 25 yd freestyle without stopping
- Ages 9-12 must swim 50 yd freestyle without stopping
- Ages 12-14 must swim 50 yd freestyle and 25 yd backstroke without stopping

#### 8, 45 minute sessions

##### Ages 8 & under

Class	Day	Time	TOH/NR
<b>January 6-February 24</b>			
3027.701	Su	11:30am-12:15pm	\$58/\$73
3027.702	Su	5-5:45pm	\$58/\$73
3027.703	Su	6:30-7:15pm	\$58/\$73

##### Ages 9-12

Class	Day	Time	TOH/NR
<b>January 6-February 24</b>			
3027.704	Su	10:45-11:30am	\$58/\$73
3027.705	Su	5:45-6:30pm	\$58/\$73
3027.706	Su	7:15-8pm	\$58/\$73

##### Ages 12-14

Class	Day	Time	TOH/NR
<b>January 6-February 24</b>			
3027.707	Su	10-10:45am	\$58/\$73





## Diving 1 – Ages 7 & up

Introduces divers to the fundamentals of diving, starting with front and back jumps and working through front and back dives. Approaches, hurdles, and entries are also taught.

### 8, 45 minute sessions

Class	Day	Time	TOH/NR
<b>January 7-February 25</b>			
3039.101	M	4:30-5:15pm	\$58/\$73
<b>January 5-February 23</b>			
3039.602	S	9-9:45am	\$58/\$73

## Diving 2 – Ages 7 & up

Designed for children with previous springboard diving experience. The completion of Diving 1 or equivalent is strongly recommended. This class will include refinement of front and back dives as well as learning more advanced dives and flips.

### 8, 45 minute sessions

Class	Day	Time	TOH/NR
<b>January 7-February 25</b>			
3039.103	M	5:15-6pm	\$58/\$73
<b>January 5-February 23</b>			
3039.604	S	9:45-10:30am	\$58/\$73

## ADULT AQUATICS

### Adult Beginners

If you like the water, but are a little hesitant about putting your face in, or you just want to learn basic water skills, then this is the class for you! Water adjustment, floating, gliding, kicking, and breathing skills will be taught.

### 8, 45 minute sessions

Class	Day	Time	TOH/NR
<b>January 7-February 25</b>			
3041.101	M	7:15-8pm	\$58/\$73
<b>January 5-February 23</b>			
3041.602	Sa	10:30-11:15am	\$58/\$73

## Adult Advanced Beginner

This class is for students who have passed Adult Beginners or those who are comfortable in the water and are ready to concentrate on furthering the primary strokes: front and back crawl, and elementary backstroke and breaststroke. Treading water and introduction to rotary breathing are included in this class.

### 8, 45 minute sessions

Class	Day	Time	TOH/NR
<b>January 7-February 25</b>			
3042.101	M	11-11:45am	\$58/\$73
<b>January 9-February 27</b>			
3042.302	W	7:15-8pm	\$58/\$73
<b>January 5-February 23</b>			
3042.603	Sa	11:15am-12pm	\$58/\$73

## Adult Intermediate

This class is for anyone who has completed Adult Beginners or anyone that is looking for a little stroke improvement. Students will work on stroke refinement and coordination. Strokes learned in previous courses will be performed at increased distances.

### 8, 45 minute sessions

Class	Day	Time	TOH/NR
<b>January 7-February 25</b>			
3043.201	M	11:45am-12:30pm	\$58/\$73
<b>January 8-February 26</b>			
3043.202	Tu	7:15-8pm	\$58/\$73
<b>January 5-February 23</b>			
3043.603	Sa	12-12:45pm	\$58/\$73



## Need Assistance?

Two motorized scooters are available for your use. Please inquire at the front desk.

## SAFETY

### Lifeguard Training Class – Ages 15 & up



This class trains and certifies American Red Cross lifeguards. It is the most comprehensive course to date and includes rescue techniques, First Aid, and CPR/AED for the Professional Rescuer. Students must be 15 years old by the first day to be eligible to enroll. Participants must also pass a pre-course swimming test to remain in the course. The pre-course test includes: a 300 yard continuous swim consisting of 100 yards of freestyle, 100 yards of breaststroke, and 100 yards of either freestyle or breaststroke; swimming 20 yards to retrieve a 10 pound brick from a depth of 12 feet of water, and returning 20 yards with the brick swimming on back using legs only.

*Students must attend all class sessions to pass this course!*

**1, 2 hour session plus 5, 8 hour sessions**  
**Saturday, December 22, 12-2pm**

**W-Su, December 26-30, 9am-5pm**

**\$180/\$225**

**3051.101**

### Water Safety Instructor

**Ages 16 & up**

This American Red Cross course teaches participants how to instruct Red Cross swimming classes. The course covers swimming instruction for all ages. We will also provide practical teaching experience. All students need to be 16 years of age by the first day of class and complete a Water Safety pre-course test. Students must pick up their materials and complete the first assignment prior to the first class session. Students must attend all class sessions to pass this course! For more information or to obtain a list of the pre-course skills please call Kerstin Severin at (703)787-7300 x 2128.

**6, 6 hour sessions**

**December 15, 16, 22, 27, 28, & 29**

**9am to 3pm**

**\$185/\$225**

**3052.301**

**RECREATION...**

**THE BENEFITS ARE ENDLESS**

- strengthen self-confidence and improve self-esteem



**SENIOR SWIM TIME!**  
Seniors can visit the pool  
all day Tuesdays for a  
reduced rate of \$2!



## WATER WORKOUT – Ages 18 & up

### Early Bird Water Workout

Start your day with this high intensity, cardiovascular workout! Held in the deep water, participants will wear ankle cuffs to provide buoyancy and resistance. This workout strengthens the core trunk muscles arms and legs. *Participants must be comfortable in deep water!*

#### 24, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 7-February 29</b>			
3049.101	M/W/F	6:30-7:30am	\$120/\$150

### Therapeutic Water Workout

This is a low intensity water exercise program designed for those with arthritis, painful joints, and general weakness. The class focuses on increasing range of motion, mobility, and strengthening. Seniors: please see Senior Citizen Discount information on the registration page. *Rubber-soled water shoes are recommended.*

#### 16, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 8-February 28</b>			
3047.201	T/Th	10-11am	\$80/\$100

### Senior Water Aerobics

This course is an exercise class for active adults. It promotes fitness, flexibility, and range of motion at an intermediate pace. No swimming experience is necessary to become involved. Seniors: please see Senior Citizen Discount information on the registration page. *Rubber-soled water shoes are recommended.*

#### 16, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 7-February 27</b>			
3048.101	M/W	9-10am	\$80/\$100

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 11-February 29</b>			
3048.502	F	9-10am	\$40/\$50



### Water Aerobics

This is the total water workout. It combines both toning exercises as well as aerobic conditioning. There is a deep-water element, and while no swimming experience is necessary, participants must be comfortable maneuvering in deep water. *Rubber-soled water shoes are recommended.*

#### 16, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 8-February 28</b>			
3044.201	T/Th	9:30-10:30am	\$80/\$100

### Water Walking

Join the “Wave of the Future” by water walking! Water walking is a low impact aerobic workout that tones muscles in the arms, chest, shoulders, legs, hips and back. The higher resistance of the water will give you a great workout with no risk of injury to your joints. Participants must be comfortable in deep water since a portion of the workout is held in the 12 ft. area! *Rubber-soled water shoes are recommended.*

#### 16, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 7-February 27</b>			
3046.101	M/W	8-9am	\$80/\$100

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 11-February 29</b>			
3046.502	F	8-9am	\$40/\$50

### Deep Water 1

This is a high intensity, no impact, cardiovascular challenge. This workout gives the additional benefits of toning and strengthening muscles. No swimming skills are necessary but participants must be comfortable in deep water.

#### 16, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 7- February 27</b>			
3045.101	M/W	6:30-7:30pm	\$80/\$100
<b>January 8-February 28</b>			
3045.202	T/Th	8:30-9:30am	\$80/\$100

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 5-February 23</b>			
3045.604	Sa	8-9am	\$40/\$50

### Deep Water 2

The ultimate cardio challenge. This is a fast paced, high intensity class that will help tone and keep you strong. Floatation devices are used periodically but participants should be able to tread water without any device and have previously taken Deep Water 1.

#### 16, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 7-February 27</b>			
3045.105	T/Th	7:30-8:30pm	\$80/\$100
<b>January 8-February 28</b>			
3045.203	T/Th	7:30-8:30am	\$80/\$100
<b>January 8-February 28</b>			
3045.206	T/Th	7-8pm	\$80/\$100



## Kid Care



**Take advantage of the drop-off babysitting service, run by our friendly staff.**

**Monday-Friday 7-10:45am and 5-8:30pm**

**Saturdays and Sundays 9am-12pm**

- \$4 for 2 hours
- \$45 for 15-visit punch pass
- \$60 for 25-visit punch pass.

Drop-ins are admitted daily on a space-available basis.

Children 12 months and older will be in a safe and fun environment while you take a class, get in your workout, or enjoy a swim in the pool. Morning and evening hours make an easy fit with your schedule, and convenient punch-passes simplify the registration and payment process. Sorry, staff will not change diapers.

NOTE: Parents or guardians must be registered for a recreation class at the community center during Kid Care or be using the center's facilities. Parents must stay in the building the entire time. There is a two-hour limit for children participating in the babysitting service.

**RECREATION...  
THE BENEFITS ARE ENDLESS**  
• maintain or obtain good physical health





Don't let those winter blues get you down! Come, join one of our fun and exciting fitness classes today. Our top-notch instructors are enthusiastic and determined to whip you into shape! Our fitness classes are designed to work you mentally and physically into a new and better person. If you are looking to tone up, lose weight, get fit, be challenged, or just have fun, there is a class for you.

Babysitting is available. See page 10. Please consult your doctor prior to starting any exercise program.

Passholders and those paying the daily admission fee are eligible to take any fitness and land aerobics class at no additional charge. Some classes may reach capacity or have limited specialty equipment available for drop-in students. (See page 2 for details on becoming a passholder and receiving all the benefits the Herndon Community Center offers for your health and fitness needs.)

**Exercise, Health, & Fitness Classes are designed for ages 16 & up.**

**Make sure to register early to guarantee your space in a fitness class. These sessions are always popular, and we don't want you to miss out!**

## STRENGTH & FITNESS CLASSES

### Total Body Conditioning

This class is a total body strength class, which includes balance, functional core stability, and abdominal training. Strengthen and sculpt all major muscle groups using resistance tubing and free weights. The balance element will use yoga and Pilates-based techniques to connect the body and mind. The class will end with controlled stretching to increase flexibility and promote relaxation. A total body strength workout to jump-start your metabolism!

#### 18, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 7-March 5</b>			
3241.101	M/W	9-10am	\$80/\$99
3241.104	M/W	6-7pm	\$80/\$99
3241.102	M/W	7:10-8:10pm	\$80/\$99

#### 9, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 8-March 4</b>			
3241.103	T	7-8pm	\$45/\$54

## Ab Core

Get ready to work and feel your muscles to the core! This powerful strengthening class will build core stability as you strengthen your trunk muscles. A variety of equipment will be used such as stability balls, tubes, bodyweights, and more, in a format focusing on slow, controlled movements.

#### 18, 45 minute sessions

Class	Day	Time	TOH/NR
<b>January 8-March 6</b>			
3241.200	T/Th	12:15-1pm	\$72/\$90

### Beginner Strength & Sculpt

Tone your upper and lower body with this beginner strength-training class for people who have little or no knowledge of strength training. Using light weights and resistance tubing, this class will focus on proper form and sculpting specific muscle groups with gradually-increasing repetitions/weight. This is a nonaerobic class. Seniors: please see the Senior Citizen Discount information on the registration page.

#### 18, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 8-March 6</b>			
3244.100	T/Th	11am-12pm	\$80/\$99

## FLOOR AEROBIC CLASSES

### Cardio Blast

Have fun, and burn calories with 35 minutes of hi-low floor aerobics combined with cardio kickboxing moves to get your body moving and your heart pumping, followed by 25 minutes of strength and flexibility work to strengthen, tone, and define your muscles. Put on your cross-training shoes, and come have a blast!

#### 18, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 7-March 5</b>			
3242.102	M/W	7:15-8:15pm	\$80/\$99

### Cardio Kickboxing

Give your body the total workout! Using basic kicks, punches, and some martial arts training techniques, you'll see gains in agility, strength, balance, coordination, and cardio fitness. It's a fun, cardio-based class that will literally kick your butt into shape!

#### 18, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 8-March 6</b>			
3242.200	T/Th	7-8pm	\$80/\$99

**\*For the safety of both children and class participants, no children of any age are permitted in the room during fitness classes. We encourage you to take advantage of our Kid Care program while you work out.**

## COMBINATION FLOOR & STEP AEROBICS

### Step and Stability Ball

This energizing class is a combination of cardio step and core strength training using the stability balls. These two together will burn lots of calories and get your heart pumping. The stability balls are excellent for building core strength and improving everyday, functional movements.

#### 9, 45 minute sessions

Class	Day	Time	TOH/NR
<b>January 9-March 5</b>			
3245.100	W	12-12:45pm	\$40/\$50

### Muscle Madness

From body bars to free weights, stability balls to resistance tubing, core to calisthenics 0- this is a powerful strength class. Be prepared to work upper and lower body and everything in between.

#### 18, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 8-March 6</b>			
3242.201	T/Th	9-10am	\$80/\$99

## STEP AEROBIC CLASSES

### Step & Sculpt

Get the best of both worlds! This class will get your heart pumping and leave you feeling strong. Forty minutes of calorie-burning step, along with sculpting and strengthening your muscles using resistance tubing and free weights. Finish with controlled stretching to relax and increase flexibility.

#### 18, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 8-March 6</b>			
3242.204	T/Th	5:50-6:50pm	\$80/\$99





## SCHEDULE OF CLASSES

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6-7 Step & Sculpt	6-7 Total Body Conditioning	6-7 Step & Sculpt	6-7 Step & Sculpt	
9:30-10:30 Total Body Conditioning	9-10 Total Body Conditioning	9-10 Muscle Madness	9-10 Total Body Conditioning	9-10 Muscle Madness	9:15-10:15 Step & Sculpt Inter.	9-10 Cardio Blast
11-12 Step & Sculpt Inter/Adv		11-12 Beg. Strength & Sculpt		11-12 Beg. Strength & Sculpt		11-12 Zumba
		12:15-1 Ab Core	12-12:45 Step & Stability Ball	12:15-1 Ab Core		
	4:55-5:55pm Zumba					
	6-7 Total Body Conditioning	5:50-6:50 Step & Sculpt	6-7 Total Body Conditioning	5:50-6:50 Step & Sculpt		
	7:10-8:10 Total Body Conditioning	7-8 Cardio Kickboxing Total Body Conditioning	7:10-8:10 Total Body Conditioning	7-8 Cardio Kickboxing		
	7:15-8:15 Cardio Blast		7:15-8:15 Cardio Blast			

Kid Care is available during most of these classes. See page 10 for more information.

## "EARLY-BIRD" WORKOUTS

Designed so you can work out, shower, dress, and still get to work on time. Sessions include locker room privileges.

### Step & Sculpt

18, 1 hour sessions

Class	Day	Time	TOH/NR
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January 8-March 6

3243.101	T/Th	6-7am	\$80/\$99
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9, 1 hour sessions

Class	Day	Time	TOH/NR
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January 11-March 7

3243.102	F	6-7am	\$43/\$54
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### Total Body Conditioning

9, 1 hour sessions

Class	Day	Time	TOH/NR
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January 9-March 5

3243.107	W	6-7am	\$48/\$54
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## WEEKEND WARRIORS

### Step & Sculpt Intermediate

The same great class, but with a raised level of intensity.

9, 1 hour sessions

Class	Day	Time	TOH/NR
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January 11-March 7

3243.103	F	9:15-10:15am	\$40/\$50
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### Total Body Conditioning

9, 1 hour sessions

Class	Day	Time	TOH/NR
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January 6-March 2

3243.106	Su	9:30-10:30am	\$43/\$54
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## Step & Sculpt Intermediate/Advanced

9, 1 hour sessions

Class	Day	Time	TOH/NR
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January 6-March 2

3243.104	Su	11am-12pm	\$43/\$54
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### Cardio Blast

9, 1 hour sessions

Class	Day	Time	TOH/NR
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January 5-March 1

3243.105	Sa	9-10am	\$43/\$54
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### Zumba Fitness

Zumba Fitness is a Latino influenced dance style class that combines high energy moves and dance combinations that are designed to make your workout fun and make you feel great! No prior dance experience is necessary. Wear comfortable workout clothing and sneakers.



9, 1 hour sessions

Class	Day	Time	TOH/NR
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January 7- March 3

3241.105	M	4:55-5:55pm	\$43/\$54
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9, 1 hour sessions

Class	Day	Time	TOH/NR
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January 5- March 1

3241.106	Sa	11am-12pm	\$43/\$54
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RECREATION...

THE BENEFITS ARE ENDLESS

• learn new skills and become a more well-rounded person



## Boot Camp for Women & Men

### Dedication Determination Motivation Fun!

Come join the Boot Camp for Women or Boot Camp for Men Program! Both are challenging programs that focus on improving your cardiovascular stamina and increasing your muscle tone and strength while decreasing your body fat and changing your body composition.

Each session consists of highly structured and unique workouts that will make you sweat! The program is suitable for all ability levels, and the workouts are tailored to each person. You will get a great workout regardless of your body type or fitness level. A monthly fitness analysis will also help you gauge your progress along the way and help you achieve unbelievable results! To learn more about Boot Camp for Men or Boot Camp for Women, please call 1-877-62SHAPE (877-627-4273) or visit the website at [www.FIResults.com](http://www.FIResults.com)

Held at Herndon Community Center  
Monday through Friday  
6-7am & 7:30-8:30am

New sessions begin monthly

Guaranteed results!







## YOGA/PILATES

### Kundalini Yoga – Ages 16 & up

Suitable for beginners and all levels. Kundalini Yoga is an ancient system of self-healing using rhythmic breathing, yoga sets (series of postures), guided relaxation, and meditation, to help relieve stress and tension while also creating a healthy body. Wear comfortable clothing, and bring a yoga mat (at least 3/16" thick), and a lightweight blanket.

#### 8, 1.5 hour sessions

Class	Day	Time	TOH/NR
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January 7-February 25

3247.101	M	7:30-9pm	\$80/\$96
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January 10-February 28

3247.103	Th	7-8:30pm	\$80/\$96
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### Hatha Yoga – Ages 16 & up

Hatha Yoga uses a combination of breathing techniques and physical postures, called "asanas," to release tension in the body and relieve stress while building strength and increasing flexibility and endurance. Wear comfortable clothing, and bring a yoga mat (at least 3/16" thick), and a lightweight blanket. Classes are appropriate for beginning or continuing students, with the exception of Intermediate Yoga.

#### Beginner

##### 8, 1.5 hour sessions

Class	Day	Time	TOH/NR
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January 13-March 2

3247.104	Su	11:45am-1:15pm	\$80/\$96
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#### Intermediate

*Previous yoga experience required*

##### 8, 1.5 hour sessions

Class	Day	Time	TOH/NR
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January 13-March 2

3247.105	Su	1:30-3pm	\$80/\$96
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##### 8, 1 hour sessions

Class	Day	Time	TOH/NR
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January 9-February 27

3247.107	W	7-8pm	\$80/\$96
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### Lunch Time Yoga – Ages 16 & up

The instructor will help you focus and re-energize yourself by using controlled breathing and meditation. After taking this class, you will see how 45 minutes can change your entire week. Wear comfortable clothing, and bring a yoga mat (at least 3/16" thick), and a lightweight blanket.

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
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January 8-February 26

3247.106	T	12-1:05pm	\$64/\$80
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#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
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January 10-February 28

3247.109	Th	12-1:05pm	\$64/\$80
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### Prenatal/Postpartum Yoga

Learn a safe, daily practice of modified Yoga for Prenatal/Postpartum (4-6 wks after delivery) students. Participate in this special class that carefully guides the student through mindful breathing, postures, and rejuvenating poses. Enjoy support and encouragement for physical and emotional changes during/after pregnancy. The key principles of relaxation, breath control, and endurance, will be reinforced. Students will use these valuable tools for delivery, caring for baby, and most importantly, maintaining strength and composure.

Raymonde Bielak offers many years of gentle yoga practice (during pregnancy as well) and offers individualized instruction and guidance.

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
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January 9-February 27

3247.201	W	5-6pm	\$64/\$80
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### Laughter Yoga

The approach is designed for laughter without the use of jokes or comedy. Participants engage in laughter exercises, yoga stretching and breathing, and playful rhythm and clapping. Soon, chuckles and chortles will become genuine. This infectious joy continues a wave of health-boosting laughter. Appropriate for all ages. Does not involve strenuous physical exercise. Benefits include feeling good, stimulating creativity, and reducing stress.

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
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January 8-February 26

3247.202	T	5-6pm	\$64/\$80
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### FeldenKrais (Awareness-Through-Movement Method)

#### Ages 16 & up

This is a method of movement re-education that teaches people to move with greater ease and with less effort, making daily life easier. In the Awareness-Through-Movement group lessons, the instructor verbally guides students through a sequence of gentle movements so they learn to let go of limiting habits. This technique will help to ease chronic problems; minimize pain; and enhance flexibility, balance, and coordination. This class is suitable for young and old. Wear comfortable clothing, and bring a mat (at least 3/16" thick) and a lightweight blanket.

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
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January 8-February 26

3247.200	T	10-11am	\$64/\$80
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January 9-February 27

3247.205	W	6-7pm	\$64/\$80
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### Gymside & Trailside Walkers

**FREE**

Walking can add years to your life and life to your years. Gymside and Trailside Walkers have indoor and outdoor trails set up for walking, so no matter what the weather is you can still walk. Walking has the lowest dropout rate of any form of exercise. Come every weekday or just once in a while. There is no fee, but first time walkers must register.

**Monday – Friday 7:30-9am**



## Fencing – Ages 9 & up

Try something new and exciting this winter. The sport of fencing is suitable for all ages and is taught by Takashi Iwasawa, a four-year varsity fencer at Harvard University. Class will utilize dry equipment; style is foil fencing. Equipment is provided.

### 8, 2 hour sessions

Class	Day	Time	TOH/NR
January 13-March 2			
3764.101	Su	6-8pm	\$64/\$80

## Shotokan Karate – Ages 8 & up

A traditional Japanese karate class that covers basic techniques (kikon), form (kata), and some sparring (kumite). A practical self-defense system to exceed present physical and mental limitations. Wear light comfortable “workout” clothes. An optional test for rank will be given at the end of the session for an additional fee.

### 8, 1 hour sessions

Class	Day	Time	TOH/NR
January 11-February 29			
3767.101	F	7:05-8:05pm	\$48/\$58

## Intro to Tae Kwon Do – Ages 7-14

Tae Kwon Do is one of the world’s most popular martial arts. Its physical benefits are strength, aerobics, flexibility, and agility. Mental benefits include enhanced focus, confidence, discipline, and respect. TKD is also a practical system of self-defense with elements of Hapkido (an art that uses an attacker’s movements against him). Instruction is provided through H. K. Lee Academy of Tae Kwon Do in Herndon. Uniforms are required and may be purchased from the instructor the first night of class for \$40. Grandmaster Lee will offer an optional belt testing at the end of the session for an additional fee.

### 8, 1 hour sessions

Class	Day	Time	TOH/NR
January 9-February 27			
3227.101	W	6-7pm	\$48/\$58

## Kendo – Ages 13 & up

Kendo is the traditional art of Japanese fencing using a bamboo sword, the shi-nai. Equipment is available for purchase from the instructor.

### 8, 1 hour sessions

Class	Day	Time	TOH/NR
January 13-March 2			
3227.102	Su	10:30-11:30am	\$48/\$58

## FITNESS ROOM & SERVICES

If you are interested in registering for any Fitness Services and/or Personal Training, please call 703-435-6800, ext. 2127 to schedule an appointment. All services will be scheduled according to both the trainer and the participant’s availability. You may not register for these services without first scheduling with the Fitness Specialist. Once an appointment has been scheduled, you may then register for the program.

### Fitness Room Orientation

Get to know the Fitness Room better! The Fitness Staff will take you through the room to introduce and demonstrate the cardio machines, free weights, Cybex equipment, and other fitness equipment. We recommend that all patrons participate in this orientation to get the most benefit from the Fitness Room and other available fitness services. *Please sign up at the Fitness Room Desk.*

### 1, 30 minute session

Tuesdays 7pm No Fee



### Body Composition Testing

The Fitness Staff will determine your body composition (fat mass & lean mass) by taking skinfold measurements. A follow-up consultation will provide you with valuable information regarding your BMI (body mass index), percentage body fat and lean mass, goal weight, and give direction for your physical training.



### 2, 30 minute sessions

Class	TOH/NR
3271.100 Call to schedule	\$20/\$20

### Exercise Program Design

Based on your fitness goals and aspirations, the Fitness Staff will design an 8-week exercise program for you. A fitness consultation is included as part of this service. (NOTE: This service does not include Body Composition Testing or a Fitness Assessment.)



### 2, 30 minute sessions

Class	TOH/NR
3272.100 Call to schedule	\$30/\$30

**RECREATION...**  
**THE BENEFITS ARE ENDLESS**  
• balance the scales of  
work and play

## Fitness Assessment and Evaluation

A fitness assessment is a great way to understand how your body is performing physically. This service includes a fitness consultation, as well as the option to have an 8-week Exercise Program designed specifically for you using your assessment results. Using scientifically-proven methods, the Fitness Staff will physically test and evaluate you in the following areas: height & weight, body composition, posture, flexibility, muscular strength & endurance, and cardiovascular endurance. A follow-up consultation is provided to give you an analysis of your test results, as well as your personalized 8-week Exercise Program (if applicable).



(NO program development)

Class	TOH/NR
3273.100 Call to schedule	\$50/\$50
(WITH 8-week program development)	

Class	TOH/NR
3273.101 Call to schedule	\$75/\$75

## 90 Days of Fitness **NEW**

The ultimate new year’s resolution! 90 Days of Fitness is a 13-week seminar and support group designed to empower you and equip you with the tools you need to meet your fitness goals. Enrollees will participate in pre- and post-program fitness assessments, weekly group fitness activities, including circuit training and group exercise classes. Health and fitness information sessions on topics such as goal setting, proper nutrition, stress management, and how to be your own personal trainer will be given by the Fitness Staff and local health and fitness professionals. Get on track and commit to 90 Days of Fitness! (This program meets 3 times per week. Attendance is recommended for all three sessions.)

**Assessment Days on Saturdays – January 12, March 1, and April 11 at 12pm**

### 42, 1 hour sessions

Class	Day	Time	TOH/NR
January 14-April 10			
3276.100			\$295/\$365
<b>Seminar</b>	M	6pm	
<b>Circuit Training</b>	W	6-6:30pm	
	W	6:45-7:15pm	
<b>Group Fitness</b>	F	6pm	





## WINTER 2008 OPEN GYM SCHEDULE

Monday	11:30am-2:30pm	Adult Basketball
	2:30-6pm	Teen Club
	6-8:30pm	1/2 Adult Basketball
	8:30-10:30pm	Adult Basketball
Tuesday	2:30-6pm	Teen Club
	6-7pm	Adult Basketball
	8:30-10:30pm	1/2 Adult Basketball & 1/2 Adult Volleyball
Wednesday	11:30am-2:30pm	Adult Basketball
	7:30-6:30pm	1/2 Adult Basketball
	8:30-10:30pm	Adult Basketball
Thursday	11:30am-1pm	Adult Basketball
	2:30-6pm	Teen Club
	6-8pm	Adult Basketball
Friday	11:30am-2:30pm	Adult Basketball
	2:30-6pm	Teen Club
	6-7pm	1/2 Adult Basketball
	7-10:30pm*	1/2 Adult Basketball & 1/2 Adult Volleyball
Saturday	8-11am	1/2 Youth Basketball
Sunday	8-10am	Adult Basketball
	11:30am-6pm	1/2 Youth Basketball & 1/2 Adult Basketball

Youth = 17 years & under. Subject to change. Check monthly schedule.

## Personal Training

Personal Training is a great way to UP your level of fitness! Whether you are looking for an introduction to different training methods or exercises, or seeking a long-term fitness program, our Fitness Staff is here to help you meet your fitness goals—lose weight, build strength, gain flexibility, run a marathon... we can get you there! You can train One-on-One (you and your trainer), Two-on-One (you, a training partner, and your trainer), or Group Training (you, 2-4 training partners, and your trainer). *Each package includes a full Fitness Assessment and Evaluation, a detailed, custom-designed exercise regimen, and a Personal Trainer to be with you every step of the way!*

**Please Note:** You are responsible for forming your own group for group training. Groups will not be assigned randomly by the Parks and Recreation Department.



### Personal Training Fees

#### Town of Herndon Resident/Non-Resident

#### One-on-One Personal Training

1, 30 minute session 3274.100 \$30/\$30	1, 1 hour session 3274.101 \$50/\$50
6, 30 minute sessions 3274.102 \$105/\$120	6, 1 hour sessions 3274.103 \$210/\$240
10, 30 minute sessions 3274.104 \$150/\$175	10, 1 hour sessions 3274.105 \$300/\$350

#### Two-on-One Personal Training

1, 1 hour session	3274.106	\$65/\$65
6, 1 hour sessions	3274.107	\$300/\$360
10, 1 hour sessions	3274.108	\$450/\$550

#### Group Training (3 per group)

6, 1 hour sessions	3274.109	\$360/\$429
10, 1 hour sessions	3274.112	\$550/\$650

#### Group Training (4 per group)

6, 1 hour sessions	3274.110	\$480/\$540
10, 1 hour sessions	3274.113	\$750/\$850

#### Group Training (5 per group)

6, 1 hour sessions	3274.111	\$600/\$660
10, 1 hour sessions	3274.114	\$950/\$1,050

## YOUTH FITNESS

### Youth Fitness Orientation

Learn proper use of the equipment, techniques, and safety in the Fitness Room. Sessions are held weekly and must be successfully completed to obtain a *Youth Fitness Pass*. *Ages 12-14 are required to hold a Youth Fitness Pass to use the Fitness Room*. These sessions are also recommended for ages 15 & 16.

Class	Day	Time	TOH/NR
January 7-February 27			
3275.100	T	5-6pm	\$5

### Introduction to Weight Lifting – Ages 12-16

This class is designed for adolescents who are interested in weightlifting. The main focus for this class is learning safe weight lifting exercises. This class will also introduce basic exercises specific to body parts, breathing techniques, and will teach students how to track their own progress by recording their workouts. This class will emphasize the importance of physical fitness and muscular development for healthy living. *Students will earn a Youth Fitness Pass with successful completion of this course.*

#### 8, 45 minute sessions

Class	Day	Time	TOH/NR
January 10-February 28			
3244.200	Th	5-5:45pm	\$20/\$25

## 6-Month and Annual Pass SALE

10% off ALL 6-month and Annual Passes

Valid January 1 – 31, 2008

Enjoy the savings and most of all the benefits of a healthy active lifestyle!



814 Ferndale Ave., Herndon, VA 20170  
(703) 787-7300 • www.herndon-va.gov

No Initiation Fees or Contracts

Flexible Admission Passes



### BREADY PARK INDOOR TENNIS

Monday - Friday: 6am-10:30pm; Saturday: 8am-10:30pm, Sunday: 8am-9pm  
Open September 24, 2007, through April 20, 2008

	CONTRACT TIME Court cost is per hour	RANDOM TIME*
<b>Prime Time</b> (after 5pm Mon-Fri; Sat & Sun all day):		
Adult TOH Resident	\$24	\$28
Adult Non Resident	\$30	\$34
<b>Non-Prime Time</b> (before 5pm week days):		
Adult TOH Resident	\$20	\$22
Adult Non Resident	\$26	\$28
Youth/Senior TOH	\$18	\$20
Youth/Senior Non Resident	\$22	\$24

\*Reservations for random time may be made seven days in advance.  
ID required for Town of Herndon Resident rates.

#### Cancellation Policy:

- A) Before 48 hours of scheduled time of play-NO CHARGE.
  - B) 48 to 24 hours from scheduled time of play-\$5 PER RESERVED HOUR.
  - C) Within 24 hours from scheduled time of play-FULL COURT FEE.
- All no shows will be financially responsible for FULL COURT FEE. Cost is per player.

### NTRP Ratings

Classes are organized according to player ability. Player ability is categorized according to the National Tennis Rating Program.

#### 1.0-1.5 Beginner

For those just starting to play tennis. Instruction and practice is focused on getting the ball over the net and proper stroke technique.

#### 2.0-2.5 Advanced Beginner

Student has the ability to hit balls that don't require any movement to get into position. He/she is learning to judge the bounce of the ball and to move into position to hit the ball. Instruction and practice is focused on proper stroke technique while moving to the ball and hitting balls at different pace, height, and depth.

#### 3.0-3.5 Intermediate

Student uses accepted technique for ground strokes and serves and has the ability to hit balls that require movement and positioning. Student is fairly consistent when hitting medium paced shots, but is not comfortable with all strokes and lacks execution when trying for direction, depth, and power. Student must be able to sustain a rally with ground strokes and volleys. Class is comprised of drills with incidental instruction to correct problems or improve power and depth of shots. Part of the class is devoted to doubles strategy and practice.

#### 4.0-4.5 Advanced

Student has dependable strokes including directional control and depth in both forehand and backhand sides on moderate shots, plus the ability to use lobs, overheads, approach shots and volleys with some success. This player occasionally forces errors when serving. Rallies may be lost due to impatience. Teamwork in doubles is evident. Class is comprised of drills with incidental instruction to correct problems or improve power and depth of shots. Part of the class is devoted to doubles strategy and play.



### Group Lessons Make-Up Week

No Regular Classes: Feb. 18-22

### INDOOR TENNIS SESSION

#### PEE WEE TENNIS

##### Beginner – Ages 4-5

Beginning tennis fundamentals. Pee Wee should come with own tennis racquet (can be purchased at local discount store in sporting section).

##### 5, 30 minute sessions

Class	Day	Time	TOH/NR
<b>January 14-February 11</b>			
3711.137	M	4-4:30pm	\$21/\$26
3711.138	M	4:30-5pm	\$21/\$26
<b>January 17-February 14</b>			
3711.135	Th	4-4:30pm	\$21/\$26
3711.136	Th	4:30-5pm	\$21/\$26

#### YOUTH

All students must provide their own racquet and wear tennis shoes.

Class ratio will not exceed 7 students to 1 instructor.

##### Beginner – Ages 6-8

##### 5, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 16-February 13</b>			
3721.131	W	4-5pm	\$42/\$53
<b>January 19-February 23</b>			
3721.132	Sa	9-10am	\$42/\$53

##### Beginner – Ages 9-15

##### 5, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 14-February 11</b>			
3721.231	M	5-6pm	\$42/\$53
<b>January 16-February 13</b>			
3721.232	W	5-6pm	\$42/\$53
<b>January 19-February 23</b>			
3721.233	Sa	10-11am	\$42/\$53

##### Advanced Beginner – Ages 6-8

Must have approval of previous instructor or equivalent playing skills.

##### 5, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 14-February 11</b>			
3721.251	M	4-5pm	\$42/\$53
<b>January 17-February 14</b>			
3721.252	Th	5-6pm	\$42/\$53



## Advanced Beginner – Ages 9-15

### 5, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 14-February 11</b>			
3721.335	M	5-6pm	\$42/\$53
<b>January 15-February 12</b>			
3721.332	T	4-5pm	\$42/\$53
<b>January 18-February 15</b>			
3721.333	F	4-5pm	\$42/\$53
<b>January 19-February 23</b>			
3721.334	Sa	11am-12pm	\$42/\$53

## Intermediate – Ages 12-15

Must have approval of tennis manager to register. Call 703/435-6800 x2110 or enroll on a wait list.

### 5, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 15-February 12</b>			
3721.432	T	5-6pm	\$42/\$53
<b>January 18-February 15</b>			
3721.433	F	5-6pm	\$42/\$53
<b>January 19-February 23</b>			
3721.434	Sa	12-1pm	\$42/\$53

## Advanced – Ages 13 & up

Must have approval of tennis manager to register. Call 703/435-6800 x2110 or enroll on a wait list.

### 5, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 19-February 23</b>			
3731.531	Sa	1-2pm	\$42/\$53

## Special Doubles Tennis for Adults/Seniors

**Under 60 - \$35 / 60 & Over - \$39**

### 5, 1.5 hour sessions

Class	Day	Time
<b>January 14-February 11</b>		
3751.231	M	12-1:30pm
<b>January 17-February 14</b>		
3751.232	Th	12-1:30pm



## USTA SANCTIONED MEN'S OPEN SINGLES TENNIS TOURNAMENT

December 26-29

Open to all USTA Members

Ages 16-80

Entry deadline Thursday,

December 20

\$38 per player

Call 703-435-6800 x2114

#2741.901

## ADULT 16 & UP

### Session 3

## Beginner – NTRP 1.0-1.5

### 5, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 14-February 11</b>			
3741.132	M	9:30-10:30am	\$50/\$63
<b>January 19-February 23</b>			
3741.133	Sa	9-10am	\$50/\$63

## Advanced Beginner – NTRP 2.0-2.5

Must have approval of tennis instructor or equivalent playing skills to register.

### 5, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 19-February 23</b>			
3741.233	Sa	10-11am	\$50/\$63

## Intermediate Doubles Play & Strategy – NTRP 3.0-3.5

Must have approval of tennis instructor or equivalent playing skills to register.

### 5, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 19-February 23</b>			
3741.333	Sa	11am-12pm	\$50/\$63

## Intermediate/Advanced

NTRP 3.5-4.0

Must have approval of tennis instructor or equivalent playing skills to register.

### 5, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 19-February 23</b>			
3741.431	Sa	12-1pm	\$50/\$63



## Herndon Adult Basketball League

To be placed on a team or for more information, call 703/435-6800 x2106.

- 8-10 game regular season plus playoffs
- Men's, Women's, & Corporate leagues
- **Corporate League:** All members of the team must work for a Herndon based company
- **Men's & Women's Leagues:** A maximum of five (5) non-Herndon players allowed per roster
- Awards are given to the top two teams in each division
- \$150 deposit due by Monday, December 17
- \$600 Team registration fee balance due by Friday, December 21
- Proof of residency required for all players, due at registration
- Games will be held Sundays and Thursdays beginning the week of January 7
- Leagues may be combined at the discretion of HPRD

3743.003 Men's 'A' Basketball League  
3743.004 Men's 'B' Basketball League  
3743.005 Women's Basketball League  
3743.006 Corporate League  
\$600/Team







## Gymnastics Guidelines

**Level One** - No experience necessary. May need to repeat several times before advancing.

**Level Two** - Must have previous experience in Level One, which includes ability to execute a cartwheel, squat on vault, pull over and squat-turn on beam.

**Level Three** - Must have previous experience in Level Two, which includes ability to execute a running hurdle cartwheel, handstand, pull-over with cast on uneven bars, and cartwheel on low beam.

Students advance based on form and obtaining the required skill per level.

The gymnastics program includes instruction in floor exercise, balance beam, uneven parallel bars, and vaulting. Students learn the fundamental progressions and are introduced to basic skills on each event. Children are grouped by age and ability. Advancement is based on obtaining the required skill and form. Separate classes have been designed for boys and girls due to the different areas of specialization. Levels should be repeated, if necessary, to acquire the skills to advance. Instructors reserve the right to suggest appropriate level based on skill reviews. The HPRD gymnastics program reserves the right to dismiss a student from a class if they are below the skill level necessary to complete the class.

## GYMNASTICS FOR GIRLS

### Level One – Ages 5-7

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 7-March 10</b>			
3722.103	M	3-4pm	\$62/\$77
<b>January 9-February 27</b>			
3722.104	W	4:30-5:30pm	\$62/\$77
<b>January 11-February 29</b>			
3722.105	F	4:15-5:15pm	\$62/\$77

### Level One – Ages 8-10

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 9-February 27</b>			
3722.113	W	5:45-6:45pm	\$62/\$77
<b>January 11-February 29</b>			
3722.114	F	5:30-6:30pm	\$62/\$77

**See Parent Observation Policy on page 2**

## Level Two – Ages 5-7

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 7-March 10</b>			
3722.115	M	4:15-5:15pm	\$62/\$77
<b>January 7-March 10</b>			
3722.119	M	5:30-6:30pm	\$62/\$77
<b>January 9-February 27</b>			
3722.200	W	4:30-5:30pm	\$62/\$77
<b>January 11-February 29</b>			
3722.201	F	4:15-5:15pm	\$62/\$77

## Level Two – Ages 8-10

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 9-February 27</b>			
3722.116	W	5:45-6:45pm	\$62/\$77
<b>January 11-February 29</b>			
3722.117	F	5:30-6:30pm	\$62/\$77

## Level Three – Ages 7-10

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 9-February 27</b>			
3722.202	W	5:45-6:45pm	\$62/\$77
<b>January 12-March 1</b>			
3722.203	Sa	11am-12pm	\$62/\$77



## GYMNASTICS FOR BOYS

Instruction in floor exercise, parallel bars, and vaulting. As boys specialize in different events than girls, only boys may register for these classes.

### Level One – Ages 5-7

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 7-March 10</b>			
3722.301	M	3-4pm	\$62/\$77

## Level Two – Ages 5-7

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 7-March 10</b>			
3722.302	M	4:15-5:15pm	\$62/\$77

## All Levels – Ages 8-10

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 7-March 10</b>			
3722.303	M	5:30-6:30pm	\$62/\$77

## GYMNASTICS FOR YOUNG BEGINNERS

### Boys & Girls – Ages 4-6

#### 8, 45 minute sessions

Class	Day	Time	TOH/NR
<b>January 7-March 10</b>			
3722.305	M	10:30-11:15am	\$62/\$77
<b>January 8-February 26</b>			
3722.306	T	12:30-1:15pm	\$62/\$77
<b>January 10-February 28</b>			
3722.307	Th	11:30am-12:15pm	\$62/\$77

## GYMNASTICS FOR HOMESCHOOLERS

This class is tailored for children who are home-schooled and provides an opportunity for physical education by learning basic gymnastic skills on the floor, vault, uneven bars, and balance beam. It is taught in a positive and safe environment while gaining socialization and self-confidence.

### Boys and Girls – Ages 7-12

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 7-March 10</b>			
3722.400	M	12:30-1:30pm	\$62/\$77
<b>January 11-February 29</b>			
3722.401	F	12:30-1:30pm	\$62/\$77

## ADAPTED GYMNASTICS

Children with disabilities learn basic gymnastics in a safe environment through obstacle course activities. This class enhances movement, balance, coordination, and socialization. It is designed with an instructor-to-participant ratio of 1:4, which gives safe instruction and builds confidence.

### Boys and Girls – Ages 4-7

#### 8, 45 minute sessions

Class	Day	Time	TOH/NR
<b>January 12-March 1</b>			
3722.402	Sa	11-11:45am	\$62/\$77





## PRESCHOOL MOVEMENT PROGRAM

A coed movement program combining fitness, elementary gymnastics, rhythm, and games to develop your child's motor coordination, strength, and flexibility, and includes classes beginning with parent-child and continuing to programs designed for younger gymnasts. Children are introduced to basic skills by using obstacle courses to maintain fun in a structured format. Children should be ready for group instruction.

### Parent-Child – Ages 2-3

#### 8, 45 minute sessions

Class	Day	Time	TOH/NR
<b>January 7-March 10</b>			
3712.202	M	9:30-10:15am	\$62/\$77
<b>January 8-February 26</b>			
3712.200	T	9:30-10:15am	\$62/\$77
<b>January 9-February 27</b>			
3712.201	W	9:30-10:15am	\$62/\$77
<b>January 10-February 28</b>			
3712.207	Th	9:30-10:15am	\$62/\$77
<b>January 11-February 29</b>			
3712.203	F	9:30-10:15am	\$62/\$77
<b>January 11-February 29</b>			
3712.208	F	10:30-11:15am	\$62/\$77
<b>January 12-March 1</b>			
3712.209	Sa	10-10:45am	\$62/\$77

## Planning a

## *Special Event* or a meeting?

Come see the newly renovated meeting spaces and warming catering kitchen at the Herndon Community Center. The Center can accommodate sit-down functions up to 375 people or provide meeting space for up to 100 people.

Call **703-787-7300** to arrange a tour of our facilities.

Getting ready for a special event? Private dance lessons are available – see page 24.



## Tumbling for 3's & 4's – Ages 3-4

#### 8, 45 minute sessions

Class	Day	Time	TOH/NR
<b>January 8-February 26</b>			
3712.204	T	11:30am-12:15pm	\$62/\$77
<b>January 9-February 27</b>			
3712.205	W	10:30-11:15am	\$62/\$77
<b>January 9-February 27</b>			
3712.206	W	11:30am-12:15pm	\$62/\$77
<b>January 10-February 28</b>			
3713.204	Th	10:30-11:15am	\$62/\$77
<b>January 11-February 29</b>			
3713.205	F	11:30am-12:15pm	\$62/\$77

## Tumbling for 4's & 5's – Ages 4-5

#### 8, 45 minute sessions

Class	Day	Time	TOH/NR
<b>January 7-March 10</b>			
3713.200	M	11:30am-12:15pm	\$62/\$77
<b>January 8-February 26</b>			
3713.201	T	10:30-11:15am	\$62/\$77
<b>January 9-February 27</b>			
3713.202	W	12:30-1:15pm	\$62/\$77
<b>January 10-February 28</b>			
3713.203	Th	12:30-1:15pm	\$62/\$77

## Holiday Gymnastics Camp

Have lots of fun while learning to refine your gymnastics skills. There will be arts and crafts, games, lunch (for Day Camp) and more! We focus on specific gymnastic skills each day to learn and perfect.

### Mini Camp – Ages 5-6

#### 3, 2 hour sessions

Class	Day	Time	TOH/NR
<b>December 26-December 28</b>			
3722.403	W,Th,F	10am-12pm	\$39/\$47

### Day Camp – Ages 6-10

#### 3, 4 hour sessions

Class	Day	Time	TOH/NR
<b>December 26-December 28</b>			
3722.404	W,Th,F	10am-2pm	\$78/\$94



## Stay Active All Winter Long

Here are just a few ways you can add physical activity to your winter routine:

- There are 11 parks in the Town of Herndon! Every home is a 1/2 mile from a park. Stay active this winter by visiting one of the local parks. You can easily access Bready Park and Trailside Park from the W&OD Trail.
- Bring your family and friends to the Herndon Community Center to enjoy a swim, have fun in the game room, play walleyball, or hit a racquetball around.
- Rent a tennis court for an hour in the Bready Park Indoor Tennis Center. Call 703-435-6800x 2114 for availability.
- Sign up for the Healthier In Herndon program and earn rewards for your efforts.

So many options!





All nature programs, unless otherwise indicated, meet at Runnymede Park (off Herndon Parkway). Meet at the Kiosk next to the parking lot. Please wear long pants and sturdy shoes to all programs and dress appropriately for the weather. For all outdoor nature programs, anyone under 8 must bring an adult with them - no siblings please - unless they are signed up too. Please be on time as all programs start **PROMPTLY!**

Please check the location of your program, as winter programs sometimes meet at various locations.

## Runnymede Park

### You Can Schedule Activities In Runnymede Park for

- Scout Badge Work & Activities
- Schools
- Volunteer Projects
- Internships
- Community Service

These can be scheduled through the Town Naturalist at 703-435-6800 x 2113 or the Town Community Forester at 703-435-6800 x 2014.

Picnic shelters are available for rental. Call 703-787-7300.

Runnymede Park is open from dawn to dusk. The park offers excellent opportunities for hiking, bird watching, nature study and picnicking. Remember all pets must remain on the leash, and please pick up after your pet!

### Do you have questions or concerns regarding wildlife?

The Town Naturalist is available to answer your questions. Call **703-435-6800 x 2113**.

### Do you have questions or concerns regarding trees?

The Town Forester is available to answer your questions. Call **703-735-6800 x 2014**



## JANUARY

### Little Nature Inspector

**Ages 4-6**

The Little Nature Inspector program is a "hands on" approach to teaching environmental education to young children. Every Little Nature Inspector class includes child-safe experiments, park exploration, and plenty of "take homes" to reinforce each lesson. Each class is designed to increase the child's imagination, curiosity, and exposure to our natural world and our web of life. *Meet at Herndon Community Center*

#### 3, 1 hour sessions

**The earth and moon, the solar system, stars, our galaxies and the universe**

Class	Day	Time	TOH/NR
<b>January 15, 22, 29</b>			
3361.001	T	4-5pm	\$40/\$40

**Snow & weather, hibernating animals, identifying trees in winter**

Class	Day	Time	TOH/NR
<b>February 5, 12, 19</b>			
3361.002	T	4-5pm	\$40/\$40

**Motion & gravity, mass & weight, matter**

Class	Day	Time	TOH/NR
<b>March 4, 11, 18</b>			
3361.003	T	4-5pm	\$40/\$40

### Bald Eagles at Mason Neck (Trip) – Adults

Did you know that the Mason Neck Management Area in Fairfax, Virginia has a population of over 90 Bald Eagles? Did you know that winter is one of the best times to observe these majestic birds of prey? Join us as we take a day trip to the Mason Neck Management Area to observe our nation's symbolic birds in their native habitat fishing, sky dancing and soaring in flight. Bring binoculars if you have them, wear sturdy shoes, pack a light lunch, and water. **RAIN OR SHINE**, so dress accordingly. *Meet at Herndon Community Center*

#### 1, 6 hour session

Class	Day	Time	TOH/NR
<b>January 18</b>			
3361.004	F	8am-2pm	\$10/\$10

**RECREATION...**  
**THE BENEFITS ARE ENDLESS**  
• experience a sense of adventure

## Spiders! – Families all ages

Investigate spiders! Take a look at these beautiful important creatures and discover how striking they are. Learn about venomous and non-venomous spiders (we will not have any venomous species at the program). Spiders are fascinating creatures and play a vital role in the Web of Life. Find out just what it is as you put your fears aside and learn to love these amazing creatures. *Meet at Herndon Community Center*



#### 1, 1 hour session

Class	Day	Time	TOH/NR
<b>January 25</b>			
3361.005	F	7-8pm	\$10 per family

## FEBRUARY



### Butterflies in Winter

**Families all ages**

Where do butterflies go in the winter? What is that crumple of leaves under the bush? How does a miniscule egg form into a beautiful creature of flight? Can you raise butterfly eggs to adulthood for release? These and many more questions will be answered by the Butterfly Lady! Learn how you can help Herndon's butterfly population, and encourage butterflies to over winter in your very own backyard. Children will take home a butterfly. *Meet at Herndon Community Center*

#### 1, 2.5 hour session

Class	Day	Time	TOH/NR
<b>February 8</b>			
3361.006	F	6-8:30pm	\$7 per family

### Natural Aromatherapy – Adults

Plants have long been used for healing and well being. Aromatherapy uses scents of herbs and flowers to heal, soothe and relax the body and soul. Make your own herbal tea, bath or essential oil in class, just in time to give that special someone for Valentine's Day. *Meet at Herndon Community Center*

#### 1, 1.5 hour session

Class	Day	Time	TOH/NR
<b>February 13</b>			
3361.007	W	6-7:30pm	\$15/\$15





### Build a Nest Box – Families all ages

Build a nest box to put up in your own backyard. Learn the best placement, location and habitat that will attract wildlife to your nest box. Will your nest box attract a flying squirrel, a chickadee, titmouse, or possibly a wren? Wear appropriate attire for hammer work. *Meet at the Herndon Community Center*

#### 1, 1 hour session

Class	Day	Time	TOH/NR
February 21			
3361.008	Th	6:15-7:15pm	\$15 per family

### 3rd Annual Kids Trout Fishing Derby and Clinic

**Saturday, March 15, 2008**

**7am – 12pm**

**All kids MUST be accompanied by an adult.**

**\$5 entry fee**

Watch for details in our Spring Brochure or contact the Naturalist at 703-435-6800 x 2113.



## 20th Annual Sugarland Run & Runnymede Park Clean up Day

**Saturday, March 8** (Rain date: Saturday, March 29) **8am-12pm**

**Sponsored by:** The Friends of Runnymede Park and the Town of Herndon Departments of Community Development and Parks and Recreation

**Choose between stream clean-up or native plant garden assignments.**

**Meet at the Hunter's Creek Clubhouse off Queen's Row Street.**

**Bring work gloves and wear suitable clothing.**

**For more information call the Town Forester at 703-435-6800 x 2014.**

**Groups: please call to preregister and get assignments.**



## MARCH

### Native Plant and Garden Workshop

The Town Naturalist and Community Forester will lead a group in the identification of some native plants, how to plant them and then how to maintain them. The focus will be on native trees, shrubs and perennials but questions concerning other plant species will be welcome. The workshop will take place at the native plant garden in Runnymede Park. Handouts provided. Prior registration is required. *Meets at Runnymede Park Native Plant Garden (rain or shine)*



#### 1, 1.5 hour session

Class	Day	Time	TOH/NR
March 1			
3361.009	Sa	9-10:30am	FREE

### Visit Runnymede Park

Herndon's 58-acre nature park is located on Herndon Parkway between Elden and Queens Row Streets. Provides passive recreational opportunities and features a native plant garden with over 100 different species of plants, flowers and wildlife. Open dawn to dusk for hiking, birdwatching, nature study and picnicking. Park includes two new picnic shelters (can be reserved) and a paved handicap-accessible trail.



### Annual Friends of Runnymede Park Meeting

**Sunday, March 9, 7-9pm**

A very brief business meeting to elect new officers and report on Runnymede Park activities and future plans.

Refreshments provided.

Meets at the Herndon Community Center.

All are welcome to come and learn about this jewel in the heart of Herndon.



## NATURE BIRTHDAY PARTIES

Celebrate your birthday outdoors at Runnymede Park. Kids can choose from several themes: Radical Reptiles, Creatures of the Night, Animal Tracks & Signs, and Bones, Feathers, & Furs. Each one-hour program is designed to entertain as well as educate. Bring your own cake and party favors, picnic tables are available in the park, or you can rent a room at the Herndon Community Center for an additional fee, if available. Call **703-435-6800 x2113** to reserve your birthday. \$175 for up to 12 kids.





## BABY BALLERINAS

### Baby Ballerinas – Ages 2-3

An exciting dance class for the little ones! This class will teach basic ballet positions while capturing the children's attention with the powerful force of imagination. This enchanting class will bring a smile to little princes and princesses. Leotards, tights, and ballet slippers are required.

#### 8, 45 minute sessions

Class	Day	Time	TOH/NR
<b>January 7-February 25</b>			
3421.001	M	10-10:45am	\$55/\$68
<b>January 9-February 27</b>			
3421.020	W	10-10:45am	\$55/\$68
<b>January 5-February 23</b>			
3421.037	Sa	9:15-10am	\$55/\$68



## PRE-BALLET

Learn the basics of ballet along with beginning theory while providing a fun, enjoyable, nurturing experience to ensure a love for the art. Goals include proper posture and the learned choreography of a dance performance for the last day of class to be held for parents and friends.

### Beginner – Ages 3-4

*No experience needed*

#### 8, 45 minute sessions

Class	Day	Time	TOH/NR
<b>January 7-February 25</b>			
3421.002	M	10:45-11:30am	\$55/\$68
<b>January 8-February 26</b>			
3421.011	T	10-10:45am	\$55/\$68
<b>January 10-February 28</b>			
3421.025	Th	10-10:45am	\$55/\$68
<b>January 11-February 29</b>			
3421.033	F	10-10:45am	\$55/\$68
<b>January 5-February 23</b>			
3421.038	Sa	10-10:45am	\$55/\$68

### Intermediate – Ages 3-5

*1 session/6 months experience*

#### 8, 45 minute sessions

Class	Day	Time	TOH/NR
<b>January 7-February 25</b>			
3421.003	M	11:30am-12:15pm	\$55/\$68
<b>January 8-February 26</b>			
3421.012	T	10:45-11:30am	\$55/\$68
<b>January 10-February 28</b>			
3421.026	Th	10:45-11:30am	\$55/\$68
<b>January 11-February 29</b>			
3421.034	F	10:45-11:30am	\$55/\$68

## Intermediate/Advanced

**Ages 4-6**

*1 session/9 months experience required*

#### 8, 45 minute sessions

Class	Day	Time	TOH/NR
<b>January 7-February 25</b>			
3421.006	M	2:15-3pm	\$55/\$68
<b>January 5-February 23</b>			
3421.039	Sa	10:45-11:30am	\$55/\$68

### Advanced – Ages 5-6

*2 sessions/1 year experience required*

#### 8, 45 minute sessions

Class	Day	Time	TOH/NR
<b>January 10-February 28</b>			
3421.027	Th	11:30am-12:15pm	\$55/\$68
<b>January 11-February 29</b>			
3421.035	F	11:30am-12:15pm	\$55/\$68

## BALLET/TAP/JAZZ

Students will learn the basic rhythms of tap and jazz, and special stylized movements of ballet.

### Beginner/Intermediate

**Ages 7-12**

*No experience needed*

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 10-February 28</b>			
3421.030	Th	5-6pm	\$55/\$68

## Intermediate/Advanced

**Ages 7-12**

*1 session/6 months experience needed*

#### 8, 1.5 hour sessions

Class	Day	Time	TOH/NR
<b>January 5-February 23</b>			
3421.042	Sa	1:30-3pm	\$82/\$102

## TAP DANCE

Students will learn basic tap technique with inspiration from a popular movie. Choreography to the song, "Dance Like a Penguin: Stomp to the Beat" from the movie "Happy Feet" will be learned and performed at the end of the session.

### Happy Feet Tap – Ages 5-8

*No experience needed*

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 8-February 26</b>			
3421.016	T	5-6pm	\$55/\$68

## STORY BALLET

**NEW**

In ancient times storytelling, music and dance were the main forms of entertainment. Ballet combines body movement and mime to tell a story without words. In our story ballet class, ballet technique and performance of the story will be emphasized. Costumes will be provided for use in class. This class promises to be a magical learning experience.



### "Nutcracker in a Shell"

All choreography from the "Land of Sweets Dances" will be taught. Boys and girls will learn the steps and prepare for a performance for family and friends.

**Ages 6-10**

*6 months dance experience required*

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 9-February 27</b>			
3421.022	W	5-6pm	\$65/\$78

## COMBINATION DANCE

The goal of Combination Dance is to offer the student experience in tap, ballet, and tumbling technique through a series of classes that promote a dancer that has a basic training in both athletic and fluid movement.

### Beginner – Ages 3-5

*No experience needed*

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 8-February 26</b>			
3421.013	T	11:30am-12:30pm	\$55/\$68
<b>January 9-February 27</b>			
3421.021	W	11am-12pm	\$55/\$68
<b>January 5-February 23</b>			
3421.040	Sa	11:30am-12:30pm	\$55/\$68





## Beginner – Ages 4-6

*No experience needed*

### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 7-February 25</b>			
3421.004	M	12:15-1:15pm	\$55/\$68
<b>January 8-February 26</b>			
3421.015	T	4-5pm	\$55/\$68

## Intermediate – Ages 4-6

*1 session/9 months experience needed*

### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 8-February 26</b>			
3421.014	T	12:30-1:30pm	\$55/\$68

## Intermediate/Advanced

**Ages 4-6**

*1 session/9 months experience needed*

### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 7-February 25</b>			
3421.005	M	1:15-2:15pm	\$55/\$68

## Intermediate/Advanced

**Ages 5-8**

*1 session/9 months experience needed*

### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 5-February 23</b>			
3421.041	Sa	12:30-1:30pm	\$55/\$68

## Advanced Level 5 + Jazz

**Ages 6-10**

*By teachers recommendation only*

### 8, 1.5 hour sessions

Class	Day	Time	TOH/NR
<b>January 7-February 25</b>			
3421.007	M	3-4:30pm	\$82/\$102

## HIP-HOP DANCE

Hip-Hop is noted for its lively, sometimes very bouncy style, and it's highly energetic and expressively performed. The hip-hop jazz class will emphasize creativity, and energy, while incorporating basic jazz steps with the modern styles.

## Beginner – Ages 4-6

*No experience needed*

### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 10-February 28</b>			
3421.028	Th	3-4pm	\$55/\$68
<b>January 11-February 29</b>			
3421.036	F	12:15-1:15pm	\$55/\$68

## Beginner – Ages 11-15

*No experience needed*

### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 5-February 23</b>			
3421.046	Sa	3-4pm	\$55/\$68
<b>January 10-February 28</b>			
3421.032	Th	7-8pm	\$55/\$68

## Beginner – Ages 7-12

*No experience needed*

### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 10-February 28</b>			
3421.029	Th	4-5pm	\$55/\$68

## Intermediate – Ages 8-13

*1 session/6 months experience needed*

### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 7-February 25</b>			
3421.008	M	4:30-5:30pm	\$55/\$68

## ADULT DANCE

### BALLET

The benefits of ballet include development of good posture, self-discipline, increased flexibility, grace, and fitness. Ballet class includes barre work and floor combinations. Men and women of all ages are welcomed and encouraged. Required class attire: leg covering (tights, leggings, or sweat pants), a leotard or close-fitting T-shirt, ballet slippers or soft-shoes, and hair confined.

*No previous experience needed for adult ballet classes.*

## Ballet Technique – Ages 16 & up

**(All Levels)**

### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 8-February 26</b>			
3421.017	T	6-7pm	\$55/\$68
<b>January 10-February 28</b>			
3421.031	Th	6-7pm	\$55/\$68

RECREATION...

THE BENEFITS ARE ENDLESS

• regain the sense of fun we all had as children

## SALSA

Salsa has become a very popular dance form in recent years. This dance form originates from South and Latin America. It is the festival style and mood of this dance that has kept it alive. This class will also give you the opportunity to enter the world of social dancing!

## Beginner – Ages 16 & up

*No experience needed*

### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 9-February 27</b>			
3421.023	W	6-7pm	\$55/\$68

## Intermediate – Ages 16 & up

*1 session/6 months experience*

### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 8-February 26</b>			
3421.018	T	7-8pm	\$55/\$68

## All Levels

*No experience needed*

### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 5-February 23</b>			
3421.043	Sa	4-5pm	\$55/\$68

## TANGO

The most passionate and dramatic of the ballroom dances, the tango originated in Argentina and became popular in the U.S in the 1920's. Join this class to learn the finer points of this beautiful dance or just improve your social skills. Tango doesn't need words; come learn to communicate with your eyes and movements to dramatic music!

## Beginner – Ages 16 & up

### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 9-February 27</b>			
3421.024	W	7-8pm	\$55/\$68







## BALLROOM

### Latin Dance – Ages 16 & up

The Cha Cha, Rumba, Salsa and Samba are called the Latin dances that originated from Latin America. Cha Cha is a flirting dance; Samba is a fast paced and fun dance; while Rumba is a dance of love and passion. Latin dance brings enjoyment through various music rhythms and movement.



#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 8-February 26</b>			
3421.019	T	8-9pm	\$55/\$68
<b>January 5-February 23</b>			
3421.044	Sa	5-6pm	\$55/\$68

## BELLY DANCE



Belly dance is a fun, low-impact, cardiovascular workout! It works particularly on the torso, promoting abdominal strength, all over flexibility, proper alignment, and great body posture. The beginning class will also focus on the flexibility and rhythms of the Middle East and North Africa. Participants are asked to wear comfortable clothing such as leotard, tights, leggings, or drawstring pants; exercise or dance shoes; a scarf or belt long enough to tie around the hips comfortably; and a piece of lightweight fabric measuring 3 yards by 45 inches.

### Belly 1 – Ages 16 & up

*No experience needed*

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 7-February 25</b>			
3421.009	M	6-7pm	\$55/\$68

### Belly 2 – Ages 16 & up

*12 weeks of experience required*

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 7-February 25</b>			
3421.010	M	7-8pm	\$55/\$68

### RECREATION...

**THE BENEFITS ARE ENDLESS**  
• develop healthy habits

## PRIVATE DANCE LESSONS

### Ages 16 & up

Develop your style and technique. We can build your confidence working one on one with an instructor at your own pace. Lessons are available for Tango, Rumba, Salsa, Cha-Cha, and Samba. Also for your wedding day, we offer instruction for the bride and groom with choreography to your favorite song(s). Classes personally arranged between teacher and students.



#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 5-February 23</b>			
3421.045	Sa	TBD	\$171/\$214



## KIDS' NIGHT OUT

### Ages 5-12

Need a date night? Enjoy a night out with your spouse while your children enjoy a night of fun. Big screen TV with PG/G movies, gym games, board games and much more! Let us provide you with a safe environment for your child and a peaceful night for you! Children will be supervised at all times. Cheese Pizza will be served as well as snacks.

This is not a drop-in program. You must preregister for this program.

#### 1, 3.5 hour session

Class	Day	Time	TOH/NR
<b>January 25</b>			
3620.501	F	6:30-10pm	\$11/\$11
<b>February 22</b>			
3620.502	F	6:30-10pm	\$11/\$11

## FUN IN THE BUBBLE

### Future All Stars – Ages 4 & 5

This course will focus on a different sport each session including soccer, hockey, softball/baseball, and tennis. These programs are designed to help develop the basic skills necessary for participating in multiple sports. The first week is soccer skills. Each child must provide own equipment.



#### 4, 45 minute sessions

Class	Day	Time	TOH/NR
<b>January 12-February 2</b>			
3241.101	Sa	8-8:45am	\$33/\$41

### Parent/Child Fun and Games – Ages 2 & 3

This program brings parents, their children, and sports together in an organized environment. With help from the instructor, parents work with their children to help them learn the basic motor skills necessary to participate in sports. This program teaches your child to kick, throw, bat, and catch without competition or fear of getting hurt. Participants must provide equipment for both the parent and child. One session each of baseball/softball, soccer, tennis, and a play week. The first week is soccer skills.



#### 4, 45 minute sessions

Class	Day	Time	TOH/NR
<b>February 9-March 1</b>			
3241.102	Sa	8-8:45am	\$33/\$41

### Santa's Workshop – Ages 3 & up

Bring your child to enjoy holiday fun at Santa's Workshop. Cost includes a visit with Santa, holiday tattoos, games, and lunch. Parent participation encouraged. Registration deadline – Monday, December 10.

**Herndon Community Center, 814 Ferndale Avenue, Herndon, Virginia**  
**Saturday, December 15**

**11am- 1pm**

**Fee: \$7 per child**

**\$3 per adult if eating lunch**

**2511.001**



## Children's Series

All performances held at Phoenix Worldgate Movie Theatre, Worldgate Drive, Herndon  
 Tickets: \$4-Advance/ \$5-At the Door

Monday, January 21, 2008, 10:30am

### Mother Goose and her Fabulous Puppet Friends

Mother Goose and her puppet friends Jack and Jill sing the rhymes of Humpty Dumpty, Little Miss Muffet, Jack Horner, Hey Diddle Diddle, and others – all to original arrangements in different musical styles from classical and opera, to rock and roll, jazz, salsa, disco, and hip hop. They play games, dance, and talk about what life was like 250 years ago when these poems were written.

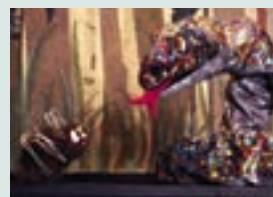


2441.085

Monday, February 18, 2008, 10:30am

### Trickster Tales by Barefoot Puppets

How does a spider beat an elephant in a bout of tug-of-war? Anansi the Spider stars in two traditional folktales from West Africa. In addition to Anansi, you will meet Elephant, Hippo, Namibi the Python, Osebo the Leopard, a swarm of angry hornets and an even angrier Sky-God! Colorful scenery, original music, lots of puns and an eleven-foot stage create a wonderful backdrop for the antics of these expressive rod and hand puppets. It's a high energy show with fun for all ages!



2441.086



## Creative Preschoolers – Ages 4-5 (must be 4 prior to January 1, 2008)

Bring out the creativity in your preschooler with this fun and motivating craft class. Each week your child will experience the use of different mediums to create unique projects such as: puppets, mobiles, picture frames and much more. Each project will be incorporated with a similar themed story book.

**NEW**

### 8, 45 minute sessions

Class	Day	Time	TOH/NR
<b>January 10 – February 28</b>			
3215.010	Th	4:15-5pm	\$56/\$70

## Gift Certificates



A gift certificate to the Herndon Community Center is a welcome gift for all ages and can be used for passes, classes, fitness center, racquetball, swimming, performing arts events, and trips. Purchase gift certificates in any amount at the Herndon Community Center, or order by phone (703/787-7300) with a credit card.

## Preschool – 2008-2009 School Year

Registration for the 2008-09 School year will begin on Thursday, February 7, 2008 at 2pm. Priority will be given to the Town of Herndon residents.

Parents are invited to stop in to meet the staff and tour the classroom during an Open House on Thursday, February 7, 2-4pm.



The Herndon Community Center Preschool is a licensed program which is designed to stimulate your child's mind and development. The preschool room has 1,000 square feet of space, a private restroom and outside play area adjacent to the classroom. The professional preschool staff provides a nurturing environment for ages three through five. The program operates 9am to 12noon and generally follows the Fairfax County School Calendar and runs September 2008 – June, 2009. Registration is taken on a first-come, first-served basis. Children must be potty-trained. The use of disposable undergarments is not permitted.

The teacher-child ratio is 3 to 20. In the 4-5 year old class emphasis is placed on the skills needed to enter kindergarten. Children will be exposed to number learning, letter and sound recognition, songs, stories and art projects. Planned field trips and holiday parties for both ages groups are included.

Ages 3-4 Tues/Thurs, 9am-Noon  
 (Child must be 3 by September 30, 2008)

TOH/NR  
 \$950/\$1140

Ages 4-5 Mon/Wed/Fri, 9am – Noon  
 (Child must be 4 by September 30, 2008)

\$1205/\$1446



\$75 non-refundable deposit and child's birth certificate are due at time of registration. Fees are payable on an established payment plan. Call 703/787-7300 for availability and more information.



### Kiddie Open Gym

Ages walking - 5

Bring your toddler and enjoy open play, tumbling on the mats, and kiddie basketball. This is a great way to socialize your children. Kids can run and exercise in the ENTIRE gym. Special days planned. Pick up a schedule on the first day. With every visit, your child gets a prize!



### 16, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 8 – February 28</b>			
3610.201	T/Th	1:30-2:30pm	\$4/\$4
			\$56 – Season Pass
			\$35 – 10 Day Pass



# Special Interest/Arts & Crafts



## GROUP ACOUSTIC GUITAR

Learn pop songs, folk songs, and your favorite songs off the radio! This class will focus on introductory guitar techniques. Students will learn how to read music, play chords, finger picking patterns and the structure of songs. Students must provide their own instrument, classical or acoustic guitars only.

## YOUTH

### Beginner – Ages 7-12

*No experience necessary*

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 11-February 29</b>			
3421.047	F	4-5pm	\$61/\$76

### Intermediate/Advanced

Ages 7-12

*8 weeks experience or instructor's approval*

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 11-February 29</b>			
3421.048	F	5-6pm	\$61/\$76

## ADULTS

### Beginner – Ages 13 & up

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 11-February 29</b>			
3421.050	F	6-7pm	\$61/\$76

### Intermediate – Ages 13 & up

*8 weeks experience or instructor's approval*

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 11-February 29</b>			
3421.051	F	7-8pm	\$61/\$76

### Advanced – Ages 13 & up

*20 weeks experience or instructor's approval*

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 9-February 27</b>			
3421.052	W	8-9pm	\$61/\$76

## Private/Semi-Private Guitar Lessons – Ages 7 & up

Private instruction will proceed at the student's pace. If you are interested, call our office at 703-435-6800 x2120 and place your name on the list. The instructor will contact you to confirm a time, and then you may register for the class. Instructional book is included in the cost of the class.

#### 8, 45 minute sessions

Class	TOH/NR
3421.053	\$166/\$208



## CHESS

Help develop critical thinking skills, concentration, and basic strategy. Chess sets will be provided.

### Beginner – Ages 8-12

Student will learn the following: the rules of chess, conditions for castling, rules of pawn promotion, rules of pin, en passant capture, when castling is legal, the difference between checkmate and stalemate, basic strategy, and tactics.



#### 8, 1.25 hour sessions

Class	Day	Time	TOH/NR
<b>January 12-March 1</b>			
3645.010	Sa	10:30-11:45am	\$60/\$75

### Intermediate – Ages 8-12

Student will learn the following: the values of the chessmen; tactics of chess including pins, forks, skewers, double attack, discovered check, and double check; how to record a chess game; guidelines to opening play; fool's mate and scholar's mate.

#### 8, 1.25 hour sessions

Class	Day	Time	TOH/NR
<b>January 12-March 1</b>			
3645.011	Sa	12-1:15pm	\$60/\$75

## PHOTOGRAPHY

### Digital Photography – Ages 16 & up

Join this introduction to digital photography. Learn how to use a digital camera, enhance your photographs, and discover the best method for storage and archiving of images.

#### 8, 1 hour sessions

Class	Day	Time	TOH/NR
<b>January 9-February 27</b>			
3141.004	W	7-8pm	\$69/\$86

## Basic Photography Workshop – Ages 16 & up

Improve your photography by using proven photographic techniques, combining classroom and practical training

#### 2, 4 hour sessions

Class	Day	Time	TOH/NR
<b>January 20 &amp; 27</b>			
3141.005	Su	1-5pm	\$50/\$50
<b>February 10 &amp; 17</b>			
3141.006	Su	1-5pm	\$50/\$50
<b>March 2 &amp; 9</b>			
3141.007	Su	1-5pm	\$50/\$50
<b>March 23 &amp; 30</b>			
3141.008	Su	1-5pm	\$50/\$50

## ARTS & CRAFTS

### Explorations in Watercolor

Ages 15 & up

This class uses watercolor as the main medium of expression, although students are welcome to use other mediums. Loose, wet watercolors on a larger scale will be the focus of the class. Regular demonstrations of the technique will be given and weekly critiques.

#### 8, 2 hour sessions

Class	Day	Time	TOH/NR
<b>January 15-March 4</b>			
3141.009	T	7:30-9:30pm	\$135/\$168

### Drawing for Pleasure\*

Ages 15 & up

Increase your drawing skills by learning many of the little tricks which help you draw accurately. Review simple perspective and learn to look for values and underlying basic shape.

#### 8, 1.5 hour sessions

Class	Day	Time	TOH/NR
<b>January 15-March 4</b>			
3141.011	T	5:30-7:00pm	\$100/\$120

### Beginning Watercolor\*

Ages 15 & up

This class teaches the basic concepts necessary to paint in watercolor successfully as well as some of the fun "tricks" of the medium. Color mixing is included.

#### 8, 2 hour sessions

Class	Day	Time	TOH/NR
<b>January 17-March 6</b>			
3141.012	Th	7:30-9:30pm	\$135/\$168

*\*No Senior Discount for Lassie Corbett's Art Classes.*



## POTTERY

### Beginning Wheel – Ages 16 & up

If you have always wanted to learn to use the potter's wheel, then this is the class for you! Beginners will learn the basic techniques of throwing on the wheel to include, wedging, centering, pulling, trimming, and glazing techniques. Begin this wonderful craft with good habits & positive feedback in every class. Although designed for the beginner, all skill levels are welcome. Students should bring a towel to class. Use of tools and 25lbs clay and glazes included; additional clay may be purchased.

#### 8, 2.5 hour sessions

Class	Day	Time	TOH/NR
<b>January 14-March 3</b>			
3141.001	M	7-9:30pm	\$150/188

### Beginning II and Intermediate Wheel – Ages 16 & up

For students with some previous wheel experience. This class will focus on perfecting throwing skills using larger amounts of clay to create both decorative and composition forms, such as vases, bottles, teapots, casseroles and covered jars. Students should bring a towel to class. 25lbs of clay and glazes included; additional clay may be purchased.

#### 8, 2.5 hour sessions

Class	Day	Time	TOH/NR
<b>January 16 – March 5</b>			
3141.002	W	7-9:30pm	\$150/\$188

### Paint Your Own Pottery with Café Studios – Ages 8-14

Students will learn how pottery is made and try their hand at painting a piece of pottery while learning several techniques. Students can choose a small figurine, ice cream bowl or holiday ornament. Great outing for scout troops and birthday parties. \$5 material fee collected at class.

#### 1, 1 hour session

Class	Day	Time	TOH/NR
<b>January 17</b>			
3141.020	Th	5-6pm	\$15/\$15
<b>February 28</b>			
3141.021	Th	5-6pm	\$15/\$15
<b>March 26</b>			
3141.022	W	5-6pm	\$15/\$15



### Paint Your Own Pottery for Grownups – Ages 15 & up

Students will learn about how pottery is made and try their hand at painting a piece of pottery while learning several techniques. Students can choose an ice cream bowl, dinner plate or coffee mug. Great outing for teen scout troops, bridal/baby showers, and Red Hat Society parties! \$5 material fee collected at class.

#### 1, 1 hour session

Class	Day	Time	TOH/NR
<b>January 17</b>			
3141.023	Th	6-7pm	\$15/\$15
<b>February 28</b>			
3141.024	Th	6-7pm	\$15/\$15
<b>March 26</b>			
3141.025	W	6-7pm	\$15/\$15

### Kids Pottery Class – Ages 8-14

A pottery class designed to teach children the basics in ceramic forms, technique, design, and sculpture while providing a creative outlet for children who love working with their hands. Each child will need a ceramic starter kit, smock, and a towel.

#### 8, 1.5 hour sessions

Class	Day	Time	TOH/NR
<b>January 17 – March 6</b>			
3141.010	Th	4:30-6pm	\$75/\$93

### Pottery Lab

Available to students enrolled in our pottery classes. Learning to use the potter's wheel takes patience, focus and practice – this is a great opportunity to work on your own. There is always someone here to help you - as much as you need or want. You may purchase clay for an additional fee. Pay weekly or purchase a pass for the semester.

Class	Day	Time	TOH/NR
<b>Beginning January 18</b>			
3141.003	F	6-9pm	\$8 each night or \$45 for a pass



## ADULT COOKING

### Weekend Brunch – Ages 16 & up

Brunch is a great way to entertain or treat yourself and your family. This class will focus on make-ahead dishes that allow you to sleep in and still serve a wonderful meal. We'll make sausage and vegetable strata, vegetable frittata, mouth-watering scones, and wonderful wake-you-up drinks to make your brunch something special.

#### 1, 2 hour session

Class	Day	Time	TOH/NR
<b>January 9</b>			
3645.001	W	6:30-8:30pm	\$52/\$52

### Super Party Snacks – Ages 16 & up

Whether it's the big game or an easy evening with friends, treat your guests to some great snacks they'll think you slaved over. We'll make a savory Italian herb and cheese monkey bread with marinara dipping sauce, crab and artichoke dip with baked pita chips, and spiced nuts.

#### 1, 2 hour session

Class	Day	Time	TOH/NR
<b>January 23</b>			
3645.002	W	6:30-8:30pm	\$52/\$52

### Sweetheart's Dinner – Ages 16 & up

Celebrate Valentine's Day with a special meal for your sweetheart. We'll make individual beef Wellingtons, oven roasted green beans, and mushroom risotto, with chocolate mousse and candied hazelnuts for dessert. The best part is that most of the components for this impressive yet easy dinner can be made the day before.

#### 1, 2 hour session

Class	Day	Time	TOH/NR
<b>February 6</b>			
3645.003	W	6:30-8:30pm	\$52/\$52

### Better than Takeout Pizza

Ages 16 & up

Homemade pizza is fun and easy, and a great family activity. We'll make dough for a thin and thick crust pizza, plus a zucchini-crust pizza that's healthy and tasty. Learn to make easy sauces and use different toppings for endless possibilities and great pizza every time.

#### 1, 2 hour session

Class	Day	Time	TOH/NR
<b>February 20</b>			
3645.004	W	6:30-8:30pm	\$52/\$52

RECREATION...

THE BENEFITS ARE ENDLESS  
• develop creative outlets

# Cooking & Teens

## YOUTH COOKING

Hands on cooking with instructor Leanne Guido. Please bring an apron to class.

### Valentine's Day Trio – Ages 6-11

Decorate cookies, do some chocolate dipping and make a Valentine's Day themed craft.

#### 1, 1 hour session

Class	Day	Time	TOH/NR
<b>February 11</b>			
3120.018	M	4-5pm	\$15/\$15

### If You Give a Pig a Pancake

Ages 5-7

Make delicious banana chocolate chip pancakes and enjoy Laura Numeroff's book.

#### 1, 45 minute session

Class	Day	Time	TOH/NR
<b>February 25</b>			
3121.019	M	4-4:45pm	\$15/\$15

### Wok and Sauté – Ages 12-16

Prepare and enjoy two fast, easy and healthy seafood and chicken entrees.



#### 1, 1 hour session

Class	Day	Time	TOH/NR
<b>February 18</b>			
3122.020	M	4-5pm	\$20/\$20



### Urban Life Skills – Ages 12-15

Urban Life Skills is a teen-friendly class designed to provide a solid foundation of basic life skills. Your teen will learn such things as effective time management, personal organization, dining and social etiquette, written & oral communications, and managing personal finances in a fun & entertaining way. \$10 materials fee payable to the instructor at the first class.

#### 6, 90 minute sessions

Class	Day	Time	TOH/NR
<b>January 7-February 11</b>			
3650.201	M	4-5:30pm	\$60/\$75

## TEEN SKI: ROUNDTOP

### Grades 7-12

Come with the Herndon Parks & Recreation Department to ski or snowboard Roundtop in Pennsylvania. It's only 2 hours away! If you've never gone skiing or snowboarding, this is a perfect opportunity. Spend your FCPS HOLIDAY having fun! Trip includes transportation, drivers, chaperones, meal (pizza, sandwich or burger + cookie and a drink), lift tickets and optional learn to ski or snowboard package.



ONLY 26 SPACES AVAILABLE!  
No refunds after January 18.



#### 1, 13 hour session

Class	Day	Time	TOH/NR
<b>January 25</b>			
3830.501	F	8am-9pm	

**Lift Ticket only** \$65  
Lift ticket valid on all lifts in operation that day. For skiers and snowboarders who have their own equipment.

**Learn to Ski or Snowboard Package** \$77  
Includes lift ticket valid on beginner Conveyor lift, Fife & Drum and Drummer Boy lifts. Use of rental ski or snowboard equipment. Guaranteed first time class lesson.

**Lift Ticket, Rental and Lesson** \$87  
Lift ticket valid on all lifts in operation that day. Use of rental ski or snowboard equipment. Class lesson at your ability level.

## TEEN NIGHTS

### Middle School Students ONLY

Here's your chance for exclusive use of the Teen Center! Rock out with your friends, hang in the game room, chill over a movie, or mingle with friends. Held at the Herndon Community Center. This is not a FCPS sponsored event.

**Friday, January 11 & February 15**  
**8:00-10:30pm**

**\$4/advance; \$5/at door**

\*Tickets will be sold at the Herndon Middle School the Thursday before the event.

## TEEN CLUB

The HCC Teen Center is dedicated to teens grades 7-12 and ages 18 & under every weekday afternoon from 2:30 to 6:00 pm. Featuring computers, a wide screen TV and stereo system, it's a place to chill and enjoy being with friends. Admission includes open gym time and use of the game room, plus special events and activities scheduled each week planned by our staff with your input. Purchase a \$15 Teen Center Membership and take advantage of all the cool stuff the center has just for you!

You must purchase a Teen Center membership card before participating in any of the after-school programs and activities. Join anytime during the school year. Daily Drop in Fee: \$3.50

## SUPER SHOOTER BASKETBALL CONTEST

**Sunday, March 2, 1:15pm**

Herndon Community Center

Registration: 12:15-1pm

### Age Groups:

Girls 9-10; 11-12; 13-14; 15-17

Boys 9-10; 11-12; 13-14; 15-17

### Ages 9-10 & 11-12

- 15 foul shots attempted – 1 point per made shot

- most points wins

### Ages 13-14 & 15-17

- 12 foul shots attempted – 1 point per made shot

- 5 three point shots attempted – 2 points per made shot

- most points wins

Awards to top three finishers in each age group.

Anyone interested in volunteering, please call 703-435-6800 x2106 or come to the Herndon Community Center at 11:40am.

**3764.202**

**Fee: FREE!**



# Towne Square Singers/Trips/Seniors



## Towne Square Singers "It's Beginning to Look a Lot Like Christmas"

Herndon Towne Square Singers present a celebration of 400 years of Virginia history and heritage. Step back in time as we enjoy traditional carols and period music with instruments and customs of the past. Enjoy period instruments such as the drum and fife, dulcimer, harpsichord and more.

**Thursday, November 29, 7:30pm**  
**2441.060**

**Friday, November 30, 7:30pm**  
**2441.061**

**Saturday, December 1, 7:30pm**  
**2441.062**

**Sunday, December 2, 2:00pm**  
**2441.063**

The theatre is located at 269 Sunset Park Drive. Tickets are available at the Herndon Community Center or by calling 703-787-7300.

**All tickets: \$10**



## NATIONAL CATHEDRAL AND HIGH TEA

This visit to the National Cathedral in Washington, D.C. will include a 75 minute in-depth walking tour highlighting "Arts in the Cathedral."



After the tour enjoy tea at the Pilgrim Observation Gallery with its scenic view from high above the city. Wear comfortable shoes. Trip includes driver, escort, transportation by 15-passenger van, high tea, tour guide. **ONLY 26 spaces available! No refunds after Feb. 1.**

**1, 5.25 hour session**

Class	Day	Time	TOH/NR
<b>February 12</b>			
3850.201	T	12:15 – 5:30pm	\$35/\$35

**RECREATION...**  
**THE BENEFITS ARE ENDLESS**  
• explore new horizons

## "My Fair Lady" at the Kennedy Center – All Ages

Direct from its 50th anniversary London production and UK national tour, Lerner & Loewe's legendary musical "My Fair Lady" comes to Washington to thrill new audiences and old friends! The superb cast, featuring British theater actors, Christopher Cazenove and Lisa O'Hare, perform all your favorite musical numbers, including "I Could Have Danced All Night," "The Rain in Spain," "Wouldn't It Be Lovely?," "I've Grown Accustomed to Her Face," and many more. This glorious new production brings together the original UK artistic team with direction by four-time Tony winner Trevor Nunn (Les Misérables). Trip includes transportation, theatre tickets, escort, and driver. *No refunds.*

**1, 4 hour session**

Class	Day	Time	TOH/NR
<b>January 20</b>			
3660.701	Su	12:30-4:30pm	\$110/\$110

## Senior Cinema – Ages 55 & Up

You're invited to the Herndon Community Center for light refreshments and a movie – **ALL FREE** on the 1st and 3rd THURSDAY of every month (unless specified otherwise). This is a great way to see friends and to make new ones! Enjoy a feature film, new release, or classic. All movies are rated PG or PG13. Showtime 10am.

<b>Jan 3</b>	<b>Delta Farce (comedy)</b>
<b>Jan 17</b>	<b>Premonition (mystery/suspense)</b>
<b>Feb 7</b>	<b>Peaceful Warrior (drama)</b>
<b>Feb 21</b>	<b>Ghost Rider (action)</b>
<b>Mar 6</b>	<b>Blades of Glory (comedy)</b>
<b>Mar 20</b>	<b>Away From Her (drama)</b>

## CHRISTMAS IN NEW YORK – All Ages



**December 7-9**

**Call 703-787-7300 for more information.**

## Town of Herndon Town Council

Steve J. DeBenedittis, Mayor  
Dennis D. Husch, Vice Mayor  
Connie Haines Hutchinson, Councilmember  
David A. Kirby, Councilmember  
Harlon Reece, Councilmember  
William B. "Bill" Tirrell, Sr., Councilmember  
Charlie D. Waddell, Councilmember  
Arthur A. Anselene, Town Manager

## Parks & Recreation Department

Cindy Roeder  
Director of Parks & Recreation

Sue Berkemeier  
Administrative Assistant

Sheri Branch  
Office Assistant

Lori Rowland  
Office Assistant

Wayne Thomas  
Office Assistant

Cynthia Hoftiezer  
Projects Coordinator

Abby Kimble  
Marketing Specialist

Kerstin Severin  
Aquatic Services Manager

Erin Cox  
Pool Operations Manager

Bruce Andersen  
Swim Team Coach

Tom Wissinger  
Community Center Manager

Dave Zakrzewski  
Community Center Supervisor

Liz Ittner  
Fitness Specialist

Jeff Burden  
Personal Trainer

Vacant  
Deputy Director

## Recreation Services Supervisors

Ann Hoy, Special Interest, Arts & Crafts

Susan Lilly, Naturalist

Holly Popple, Performing Arts

Taacha Brown-Drummond,  
Sports, Fitness

Vacant- Teens, Trips, Senior Adults



# Registration Information

## HOW REGISTRATION WORKS

Town of Herndon residents receive priority in the registration process. Open registration by any of our six convenient registration methods will begin for **TOH-residents at 10am on Wednesday, December 5. Open registration for Non-TOH-residents will begin at 10am on Tuesday, December 11.**

## WHAT DOES TOH MEAN?

The Town of Herndon Parks and Recreation Department (TOH) operates the Herndon Community Center (HCC). The TOH offers discounts and priorities to its citizens.

- Town of Herndon (TOH) residents receive a discount on classes and programs. This discount does not apply to classes meeting three times or less, leagues, trips or special events.
- Town of Herndon (TOH) residents receive a discount on admission fees to the HCC. The fee schedule is noted on page 2 of this brochure.
- Town of Herndon (TOH) residents will receive priority in registering for classes if registration is received by the first advertised registration date.

## HOW DO I KNOW IF I LIVE IN THE TOWN OF HERNDON?

An easy indicator is that if your car personal property tax sticker is from the Town of Herndon. Not all Herndon addresses are in the TOH proper. If you have questions, please call us at 703-787-7300.

## CAN I STILL PARTICIPATE IF I DON'T LIVE IN THE TOWN?

Absolutely YES! As a TOH operation, we are here to serve TOH residents first, but not exclusively. Non-TOH residents are welcome. Registration for non-TOH residents will begin at 10am on December 11. Class information found through our online registration process is updated daily. Thus, if you find that course information has changed from this brochure, the updated information found online is correct.

## FORMS & FEES

Use one form for each household, and a separate check, cash, or credit card number with expiration date *must be provided for each class*. Checks should be made payable to the "Town of Herndon." PLEASE NOTE multiple registrations with one check will be returned unprocessed. Registrations with incorrect payment will be returned unprocessed.

## SPECIAL REQUESTS

The TOH is unable to honor special requests, such as siblings and car pools.

## LATE REGISTRATIONS

Late class registrations are accepted if space is available with no fee reduction.

## CLASS CANCELLATIONS

The TOH reserves the right to cancel any class/workshop that does not meet minimum enrollment. If your class is cancelled, you will be notified and all fees will be refunded. We encourage you to register a week or more before the scheduled start date to help ensure a class is not cancelled due to low enrollment.

## SUPPLIES/EQUIPMENT

You should wait until 3 days before the class starting date and check with the Recreation Department prior to purchasing supplies.

## REFUNDS

You will automatically be given a full refund if classes are already filled or a minimum enrollment is not met. You may receive a refund less a 20% service charge (\$10 maximum) up to 3 days before your program starts for any reason. Less than 3 days before your program starts or after the program starts, refunds or letters of credit are only given for medical reasons or relocation of at least 20 miles from the Town of Herndon. Refunds are calculated based on the remaining classes at the time that the request is made. Letters of credit are also available and are not subject to a service charge. After the midpoint of the program, refunds or letters of credit will not be given for any reason. Exception: Trips with specific refund request deadlines, the 20% fee applies. All admissions and passes are non-refundable.

## PARTICIPATION OPEN TO ALL

HCC programs, and facilities are open to all citizens regardless of race, color, national origin, sex, age, or disability. The TOH supports the Americans with Disabilities Act by making reasonable accommodations for persons with disabilities, so that they may participate in services, programs, or activities offered by the TOH. Please call 703-787-7300 or 1-800-828-1120-TDD at least two weeks in advance to discuss any accommodation that may be necessary to allow for participation.

NOTICE: In accordance with the Code of Virginia, a fee in the amount of thirty-five dollars (\$35) will be collected for every check returned to the Town of Herndon. A SEPARATE CHECK IS REQUIRED FOR EACH CLASS REGISTRATION ON THE FORM.

## FINANCIAL ASSISTANCE AND SCHOLARSHIP PROGRAM

The Town of Herndon provides financial assistance by waiving a percentage of the registration fee for recreation programs (not including trips, daily admissions, or passes to the Community Center) for those who meet federal financial qualifications for assistance.

Additionally, the Town provides scholarships to eligible citizens for programs offered by the Herndon Community Center which may supplement the Town's financial assistance program. Contact the Community Center Head Supervisor, 703-435-6800 x2107, for

information, or visit the Community Center for assistance.

## ATTENTION SENIORS!

Senior adults age 62 and over by Dec. 31, 2007 receive a 50% discount on classes, except where noted.

## 6 EASY REGISTRATION OPTIONS:

*Open Registration dates apply to ALL registration options - 10am on December 5 for TOH Residents, and 10am on December 11 for Non-TOH Residents. Registration options are listed in order of the best advantage.*



**1. ONLINE** registration access requires a customer ID number and password before beginning online registration. Allow up to 2 business days to complete the application process and receive your ID number and password. Detailed instructions on the online registration process are available 24 hours a day through our website at [www.hernndon-va.gov](http://www.hernndon-va.gov). Once your account is established, and the registration period has opened, you may enroll online any time, 24 hours a day. Registration for classes with this icon is not available online. Acceptance of our liability waiver will be required prior to registration.



**2. TOUCHTONE** registration is available 24-hours-a-day. With a customer identification number and password, you can call our automated registration line at 703-707-2662 and register over the phone. Call the Community Center at **703-435-6800, ext 2100** to obtain customer identification numbers for yourself and your family members and your password. Registration for classes with this icon is not available through touchtone. *Signature on our liability waiver will be required prior to participation.*



**3. IN PERSON** registration beginning 10am, December 5 for TOH residents, and 10am December 11 for nonresidents. Walk in to the reception desk at the HCC anytime during regular business hours (see Community Center Hours – page 2).



**4. MAIL** a completed form and separate check, money order or credit card payment to:  
**Herndon Parks and Recreation  
P.O. Box 427, Herndon, VA 20172**



**5. FAX** (24-hours-a-day) a completed form with a VISA, Master Card, American Express or Discover number and expiration date to:  
703-318-8652. **Faxed registrations cannot be verified.**



**6. DROP OFF** a completed form with separate check, money order, or credit card payment into the drop boxes at the reception desk of the HCC, 814 Ferndale Avenue, Herndon, VA 20170.



## Registration Guidelines

Use one form for multiple class registrations

Complete this form and be sure to note:

1. Your first, second, and third choices.
2. If you are paying by check or money order, please write a separate check or money order for each first choice.
3. Please use one form per household.
4. Let us know if you want to receive an email newsletter and updates.

Registration for Town of Herndon Residents begins on **Wednesday, December 5** at 10am at the HCC.  
Registration for Non-Town of Herndon Residents begins on **Tuesday, December 11** at 10am at the HCC.

**PHONE:** 703-787-7300  
**FAX:** 703-318-8652

## Winter 2008 Herndon Parks and Recreation Registration Form

ONE PER HOUSEHOLD. PLEASE PRINT CLEARLY IN INK.

HEAD OF HOUSEHOLD: LAST \_\_\_\_\_

FIRST \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY/STATE/ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_

WORK PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

Participant Name	Birthdate	Gender (circle)	1st Choice Class Code	Class Title	Fee	2nd Choice Class Code	3rd Choice Class Code
Jane Doe (example)	7 / 99	M/F	0000.000	Level 4	\$68	0000.000	0000.000
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					
	/ /	M/F					

SPECIAL ACCOMMODATIONS: Call 703-787-7300 to speak with program supervisor.

☐ Check to receive email newsletters and updates.

MAKE ONE CHECK FOR EACH CLASS PAYABLE TO: TOWN OF HERNDON

All returned checks are subject to a \$35 fee

MAIL TO:

Herndon Parks and Recreation  
P.O. Box 427, Herndon, VA 20172-0427

CHANGE OF ADDRESS/PHONE/EMAIL? ☐ YES ☐ NO

REFUNDS: A 20% service charge will be accessed (\$10 maximum) up to 3 days before start of program. Less than 3 days, refunds will be given only for medical reasons or relocation of at least 20 miles from Town of Herndon.

OFFICE USE - Processed by: \_\_\_\_\_

Payment Method C CK CC LC

AP# \_\_\_\_\_ Date Paid \_\_\_\_\_

IF PAYING BY CREDIT CARD, COMPLETE THE FOLLOWING:

☐ VISA ☐ Mastercard ☐ American Express ☐ Discover

CREDIT CARD # \_\_\_\_\_ EXP. DATE \_\_\_\_\_

PRINT NAME OF CARD HOLDER \_\_\_\_\_

SIGNATURE \_\_\_\_\_

**RECREATION CONSENT:** I realize that participation in recreational activities and transportation to and from these activities, if provided through this program, may involve risk. I consent to participate in these activities, and I assume this risk. I realize that I may consult my physician concerning my fitness to participate. I give the Town of Herndon's employees, officers, agents, and volunteers on behalf of the Town, authority to administer or to procure for me any medical attention they may deem necessary if I am injured while participating in these activities. I am signing and returning this form to the Town of Herndon in consideration of the Town providing the opportunity to participate in these activities. If I am a minor, my parent or guardian is signing this for me. Participants in activities sponsored or cosponsored by the Parks & Recreation Department consent to the department's use of any photograph, film or videotape of the activity in any marketing or promotional material.

PRINT NAME OF PARENT OR GUARDIAN \_\_\_\_\_

SIGNATURE OF PARTICIPANT, PARENT OR GUARDIAN \_\_\_\_\_



## Healthier in Herndon

As we kick off a new year, the Herndon Community Center is excited to provide a new initiative – incentives – programs to enable you to live a more active lifestyle. The Herndon Parks and Recreation Department is working to make our community more livable and to combat the negative effects of inactivity.

Exercise can seem overwhelming and we are here to say that little steps can be taken to make a big difference:

### Think I can...

...walk 20 minutes a day during my lunch time. **Keep in mind – in Herndon, every home is ½ mile from a park.**

...sign-up for a personal fitness assessment.

...encourage my family members to be active.

...exercise while my children are in class or at practice.

...find a friend to exercise with and motivate each other



As you look through this brochure, note this logo which symbolizes activities that are recognized to help improve physical well-being.

Stop by the Herndon Community Center to pick-up your

**Healthier In Herndon punch pass** and enjoy the results and incentives.

It is easy and free. Sign-up for six Healthier In Herndon programs or events and receive 10% off your next Healthier in Herndon class (not applicable on contract classes, personal training, trips, or special events.)

29th Annual Herndon

## Holiday Arts & Crafts Show

**Sunday, December 2, 2007  
10am-4pm**

The Herndon Community Center will host over 100 arts and crafts vendors offering unique gifts, holiday decorations, and handmade items.

Refreshments available.

Please, no baby strollers.

**FREE  
Admission  
and Parking**



### Town of Herndon Parks and Recreation

P.O. Box 427  
Herndon, VA 20172

[www.herndon-va.gov](http://www.herndon-va.gov)

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